

Manual for Christian Counseling



Facilitator Manual for Christian Counseling is developed by
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Manual for Christian Counseling

This Manual and course Syllabus is designed for Christian College, Universities, and Schools of Ministries/Theology to allow a facilitator to use the material in the classroom and facilitate a discussion of Christian Counseling.

Course Syllabus:

- Course Description:
 - o The course is simply a survey of Christian's Counseling approaches and Practical application of these counseling resources. Student will be focusing on how to be effective as a Christian Counselor (People Helper), and how these strategies can be implemented in their personal ministry.
- Course Objectives
 - o To become aware of the dynamics involved in the area of Christian counseling.
 - o To learn how to become a Counselor (people helper) within the contexts of a local church or other Christian setting.
 - o To learn the skills to be effective in Counseling (helping people) address issues that occur in their life.
- Course Method
 - o This course will use classroom lecture along with group participation, as well as completion of reading assignments.
- Course Requirements:
 - o Please note that the following textbooks is required. **"How to be a People Helper"** by Dr. Gary Collins
- Additional Reading (However Not required)
 - o How to Help People Change by Jay E. Adams
 - o Christian Counseling, A Comprehensive Guide by Gary R. Collins
 - o Listening for Heaven's Sake by Dr. Gary Sweeten, Dave Ping and Anne Clippard

- o Christ Centered Therapy by Neil T Anderson, and Terry & Julianne Zuehlke
- o The Billy Grahams Christian Workers Handbook, by Billy Graham.
- o Called to Counsel; by Dr. Timothy Foster

Types of People Helpers:

Before we get started into learning about being a Christian Counselor (People Helper), we must identify the various individuals that work with people to address life issues.

- **Psychiatrist/Psychologist (Considered Professional)**
 - o Individuals with a minimum of eight/nine years of post-high school, and professional training in the field of mental health.
 - o Generally able to do testing and diagnostic assessments
 - o Can make Clinical Diagnosis of Mental Disorders,
 - A psychiatrist can treat these disorders using medication.
- **Counseling/Social Worker (Considered Professional)**
 - o These individuals are trained in counseling skills, and the ability to help people cope with problems.
- - o Generally, a pastor has some training in Pastoral Counseling, and is familiar with scripture to help individuals with general life issues and spiritual problems.
- **Lay- Helpers/Counselors**
 - o Individuals with a concern heart and a willingness to help hurting people find a solution for their problem. Has received some training in Listening Skills, and other counseling skills.
- **Friends/**
 - o Those individuals that just sit and listen, because they care.

Note: Throughout this study we are focused on the Non-professional Christian Counselors, Pastors, People Helpers, and Family/Friends.

Introduction:

Being a Christian Counselor is not easy!

I want to help people, but I'm not sure how!

The above statement is reflections of how many within our churches today feel. There is a deep desire by many to help hurting people, but because of the lack of confidence, lack of skills, and in some cases, even fear many people will go without help.

There have been hundreds of books written, and maybe thousands of workshops done throughout the world on “_____” and “**How to be a People Helper.**” I personally claim to have NO new revelation on this topic. However, with forty years of a pastoral ministry experience in a variety of settings, and twenty-eight years working within both the Christian and secular counseling community, I will attempt to help you develop skills to be an “_____ PEOPLE HELPER.”

Your facilitator is going to walk you through the process and introduce you to the skills needed to be an “Effective People helper or Counselor.” Before going too far I would like to share only a brief introduction of the skills needed to be a “People Helper”.

I was first introduced to this term many years go as a counselor/director of drug treatment program. Since then it has been a personal goal to help individuals to become effective “People Helpers”. As Christians, we have the answer the world is looking for, if we are willing to share it.

Please understand being a “People Helper” is _____ about having framed university degrees on an office wall, it is not about having a title in front of your name. It is not even about knowing most or all the answers. It is simply about one word - “_____”. The Dictionary defines helping as a verb ... “To be of service; give assistance”¹

¹ <http://dictionary.reference.com/browse/helping>

Dr. Gary Sweeten former President of Lifeway Counseling Center (Cincinnati, Ohio) and Steve Griebeling, the former Clinical Director of LifeWay co-authored the book *Healing Souls, Touching Hearts, Counseling and Care in the Cell Church*. In their book they give their definition of Christian Counseling:

“Cooperating with the Holy Spirit in the sanctification process. The goal of Christian counseling is to present every person whole and complete in Christ.”²

“Our _____ as a People Helper is:”

- 1) **First, and foremost:** We continue to _____ the loving knowledge of Jesus Christ.
- 2) Help people develop the tools they need for _____ with life issues.
- 3) Help individuals address issues of _____ to them.
- 4) Help individuals _____ solutions for success.

² Sweeten, Gary & Griebeling, Steve *Healing Souls, Touching Hearts* Hardcover – February 1, 2000

Very Important

_____ Statements from the
start:

***Never tell anyone one you talk with that you
guarantee 100% _____!***

You will regret those words when you have called someone
because the individual is suicidal, homicidal, or has been
abusing a child or elderly person.

NEVER, NEVER, NEVER, tell or recommend to anyone that
they should stop taking any _____:

No matter what your personal belief or position is on the
subject. IF THERE IS QUESTION ALWAYS, _____
THEM TO THEIR DOCTOR.

Section One:

Definition:

Having a clear understanding of counseling and being a people helper from both the scripture and other sources will help us understand what we are to do and how we can be effective.

In the Old Testament the word Counsel (Transliteration of the word is ya`ats in Hebrew) is found in The KJV translates according to Strong's H3289 in the following manner: counsel (25x), counsellor (22x), consult (9x), give (7x), purposed (5x), advice (2x), determined (2x), advise (2x), deviseth (2x), taken (2x), miscellaneous (2x).

We find in the New Testament the Word Counsel (Transliteration of the word is symbouleuō in Greek) the word found in The KJV translates according to Strong's G4823 in the following manner: consult (1x), counsel (1x), take counsel (1x), give counsel (1x), take counsel together (1x).

In the book Theological Word book of the Bible the author (E. C. Blackman) makes the following statement about Counsel: OT the word (Counsel) in its biblical usage carries the meaning

“ _____ ” as in common parlance. There is, however, a distinctively Hebraic mark upon it which is worth noting. When Hebrews gave or received advice, there was no mutual recognition of a “take it or leave it” principle. Counsel was thought expressed in words and awaiting further translation into action; it could not be left, as it were, “in the air”. There was a certain objectivity it”³

Proverbs 20: 5 (KJV) ...

“ _____ in the heart of man is like deep water; but a man of understanding will draw it out.”

Same verse from New Living Translation reads ...

“Though good advice lies deep within a person's heart, the wise will draw it out.”

³ Alan Richardson (editor), Theological word book of the Bible, The Macmillan Company, New York, NY 1960

Galatians 6: 1-3 (KJV)

(1) "Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. (2) Bear ye one another's burdens, and so fulfil the law of Christ. (3) For if a man think himself to be something, when he is nothing, he deceiveth himself"

The same verse found in the New Living Translation reads

"Dear brothers and sisters, if another Christian is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.⁴"

Psalm 32:8 ...

I will _____ you and teach you in the way you should go; I will counsel you with my loving eye on you. (NIV)

Proverbs 15:22 -

Without counsel purposes are disappointed: but in the _____ of counsellors they are established. (KJV)

Proverbs 11:14

"Where no counsel is, the people fall: but in the multitude of counsellors there is safety."

The same verse is found in the New Century Version:

"Without _____ a nation falls, but lots of good advice will save it."⁵

Breakout

Discuss in a group the other verses that feel address how pastors and other ministers should counsel within the church.

⁴ Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved

⁵ New Century Version © 1987, 1988, 1991 by Word Publishing, a division of Thomas Nelson, Inc. All rights reserved. Used by permission

Dr. Egan writes this powerful statement in his book *The Skilled Helper: ... A Systematic Approach to Effective Helping*:

“Helpers do not “cure” their patients. Helping is a team effort in which helpers need to do their part and clients theirs.”⁶

Dr. Gerald Egan also states,

“In order to help others, act, helpers must be agents and doers in the helping process, not mere listeners and responders”⁷

In 1977 Dr. Larry Crabb wrote in his book: *Effective Biblical Counseling* states the following:

“Since _____ counseling requires both a caring relationship and an understanding of human functioning, we need to find mature believers in our local churches who are filled with the _____ of Christ and train them in counseling insight and skills”⁸

Over forty years, Dr. Crabb’s words are still ringing true for the church today.

In 1986, Dr. Jay Adams wrote *How to Help People Change*, a book that has been in the forefront of Christian Counseling over the past three decades. Dr. Adams holds a little different perspective of the definition a People Helper, and he states this about Christian Counseling.

“No matter how divergent their dogmas, all counselor - Christians included-agree that the aim of counseling is to change people. _____ - whether in the counselee’s thinking, feeling, behavior, attitude, sensitivity, awareness, or understanding-is the goal of all counseling.”⁹

In the 1995, Dr. Gary R. Collins wrote in *How to be a People Helper*,

⁶ Egan, Gerard, *The Skilled Helper ... A Systematic Approach to Effective Helping* Brooks/Cole Publishing Company, Pacific Grove, CA, copyrighted 1990

⁷ Egan, Gerard, *The Skilled Helper ... A Systematic Approach to Effective Helping* Brooks/Cole Publishing Company, Pacific Grove, CA, copyrighted 1990

⁸ Crabb, Jr., Lawerence, J., *Effective Biblical Counseling*, Zondervan Publishing House, Grand Rapids, MI 1977

⁹ Adams, Jay, E., *How to Help People Change*, Zondervan Publishing House, Grand Rapids, MI. 1986

“People helping is everybody’s _____ . Psychologists, psychiatrists, social workers, pastors, and other professionals have special expertise in this area, but in one way or another all of us have opportunities to be people helpers almost every day. Guiding our children through a crisis, confronting a bereaved neighbor in a time of grief, advising a teenager about a dating problem, listening to a relative describe the problems with a wayward son or daughter, encouraging the family of an alcoholic, helping one’s mate cope with a difficult work situation, guiding a young Christian through a period of doubt—all of these are helping situations.”¹⁰

Dr. Collins also writes “In Romans 12: 8 we read about the gift of exhortation. The Greek word is “Paraklesis” which means “coming alongside to help.” The word implies admonishing, confronting, supporting, and encouraging people to face the future.”¹¹

St. Thomas Aquinas' wrote around 1200 AD his famous work entitled “Summa Theologica” in which he states:

“Whether counsel is of the end, or only of the means?

Objection 1: It would seem that counsel is not only of the means but also of the end. For whatever is doubtful, can be the subject of inquiry. Now in things to be done by man there happens sometimes a doubt as to the end and not only as to the means. Since therefore inquiry as to what is to be done is counsel, it seems that counsel can be of the end.

Objection 2: Further, the matter of counsel is _____ actions. But some human actions are ends, as stated in Ethic. 1. Therefore counsel can be of the end.

On the contrary, Gregory of Nyssa [*Nemesius, De Nat. Hom. xxxiv.] says that “counsel is not of the end, but of the means.”

I answer that, the end is the principle in practical matters: because the reason of the means is to be found in the end. Now the principle cannot be called in question but must be presupposed in every inquiry. Since therefore counsel is an inquiry, it is not of the end, but only of the means. Nevertheless it may happen that what is the end in regard to some things, is ordained to something else; just as also what is the principle of one demonstration, is the conclusion of another: and consequently that which is looked upon as the end in one inquiry, may be looked upon as the means in another; and thus it will become an object of counsel.

¹⁰ Collins, Gary R. How to be a People Helper, Tyndale House Publisher, Inc. Wheaton, IL, 1995

¹¹ Collins, Christian counseling

Reply to Objection 1: That which is looked upon as an end, is already _____: consequently, as long as there is any doubt about it, it is not looked upon as an end. Wherefore if counsel is taken about it, it will be counsel not about the end, but about the means.

Reply to Objection 2: Counsel is about operations, in so far as they are ordained to some end. Consequently, if any human act be an end, it will not, as such, be the matter of counsel."¹²

¹² Written from 1265-1274, the Summa Theologica is St. Thomas Aquinas' greatest work. <https://www.ccel.org/ccel/aquinas/summa>

An anagram for giving wise Counsel ...

Dr. Allen developed this anagram back in the 1990's to help members of his church to be effective in counseling and being a people helper.

- C ... _____ about the person's welfare
- O ... Observe their need
- U ... _____ your responsibility
- N ... Never forget who you serve
- S ... Stay within our _____
- E ... Evangelize them
- L ... _____ them where they are

Breakout

Discuss in a group how that the above anagram can be the frame work for your personal counseling sessions.

Counselors as Shepherds/Ministers (Pastors) of the Church.

Charles Finney was founder and President of Oberlin College of Ohio and a great theologian in his own right, in one of his greatest works “Finney's Unpublished Lectures on Pastoral Theology, Lecturer on Revivals while teaching at Oberlin College from his manuscript notes of 1872, 1874, and 1875, he shares with the students the following:

“A _____ shepherd’s care of the _____ is fourfold:
(1) _____
(2) _____
(3) _____
(4) _____”¹³

Oswald Chambers (1937) warns, “Now there is a wrong use of God’s word and a right one. The wrong use is this sort of thing—someone comes to you, and you cast about in your mind what sort of man he is, then hurl a text at him like a projectile, either in prayer or in talking as you deal with him. That is a use of the word of God that kills your own soul and the souls of the people you deal with. The Spirit of God is not in that. Jesus said, “the words I speak unto you, they are spirit, and they are life”¹⁴

One of the early church writers Ambrose¹⁵ shares the following: “No one asks counsel from a man tainted with vice, or from one who is morose or impracticable, but rather from one of whom we have a pattern in the Scriptures.

60. We note therefore that in seeking for counsel, uprightness of life, excellence in virtues, habits of benevolence, and the charm of good-nature have very great weight. Who seeks for a spring in the mud? Who wants to drink from muddy water? So where there is luxurious living, excess, and a union of vices, who will think that he ought to draw from that source? Who does not despise a foul life? Who will think a man to be useful to another’s cause whom he sees to be useless in his own life? Who, again, does not avoid a wicked, ill-disposed, abusive person, who is always

¹³ Finney's Unpublished Lectures on Pastoral Theology, Lecturer on Revivals

¹⁴ As cited from the Complete Works of Oswald Chambers

¹⁵ Aurelius Ambrosius, better known in English as Saint Ambrose (c. between 337 and 340 – 4 April 397), was a bishop of Milan who became one of the most influential ecclesiastical figures of the 4th century. He was one of the four original doctors of the Church.

ready to do harm? Who would not be only too eager to avoid him?
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61. And who will come to a man however well fitted to give the best of advice who is nevertheless hard to approach? It goes with him as with a fountain whose waters are shut off. What is the advantage of having wisdom, if one refuses to give advice? If one cuts off the opportunities of giving advice, the source is closed, so as no longer to flow for others or to be of any good to oneself.

62. Well can we refer this to him who, possessing prudence, has defiled it with the foulness of a vicious life and so pollutes the water at the source. His life is a proof of a degenerate spirit.⁴⁷³ How can one judge him to be good in counsel whom one sees to be evil in character? He ought to be superior to me, if I am ready to trust myself to him. Am I to suppose that he is fit to give me advice who never takes it for himself, or am I to believe that he has time to give to me when he has none for himself, when his mind is filled with pleasures, and he is overcome by lust, is the slave of avarice, is excited by greed, and is terrified with fright? How is there room for counsel here where there is none for quiet?

63. That man of counsel whom I must admire and look up to, whom the gracious Lord gave to our fathers, put aside all that was offensive. His follower he ought to be, who can give counsel and protect another's prudence from vice; for nothing foul can mingle with that. ¹⁶

¹⁶ NPNF2-10. Ambrose: Selected Works and Letters, by Philip Schaff <https://www.ccel.org/ccel/schaff/npnf210>

Getting Honest!

To be successful as a PEOPLE HELPER, it is essential that we learn and come to grips with the word honesty. This is essential for not only us but for the person we are attempting to help.

The following anagram gives us a great breakdown of the word!

- H ... _____ what we say
- O ... Overcome the lies
- N ... _____ Exaggerate
- E ... Entertaining new ideas/thoughts (From negative/to positive)
- S ... Sharing the _____
- T ... _____ others to hear

The author and psychologist Mark McMinn gives the following statement:

“The Christian counselors needs to create a nurturing, _____, relationship in which clients can acknowledge and discuss their sin”¹⁷

Getting Honest about your personal motive for counseling this person? (Why)

- Do you want to _____ them?
- Do you want to solve their problem?
- Do you want help them find a solution to their problem?
- Do you want to _____ them to walk out their faith in Christ and find his solutions to their problem?

Breakout ...

Ask the students to discuss in groups of why you feel it is important for you to be a counselor?

¹⁷ McMinn, Mark Psychology, theology, and spirituality in Christian counseling.

Section Two:

Ethics & Boundaries

Developing _____ and appropriate ethics is very important whenever you become involved in counseling. Once you begin making your self-available to others, they will start to invade your personal time, space, and life. From the beginning, set clearly defined boundaries.

Remember!

_____ **assure anyone of complete confidentiality, remember you are obligated to share what you know if someone is going to commit murder, suicide, a child is being abused, or an elderly person is being abused.**

There may also be times you need to seek wise counsel for yourself, it is best to help this individual with the problem at hand. There may also be times you are asked to testify about the events surrounding your helping. Unless you are ordained or licensed in the counseling field, you may have to share what you heard and said.

If the person you are counseling or helping asks you to tell them why you can't, it is simple, "Because I care about you."

It is _____ to practice counseling outside of your scope of practice.

It is unethical to ever suggest that an individual _____ taking medication of any kind without their doctor's approval.

A. Clearly state upfront:

- 1) Your personal Statement of Faith ... This is simply what you believe _____!
- 2) Your beliefs concerning Sexual orientation

- i. If you cannot counsel the individual without conformation in this area, then refer immediately not later.

B. Ethical Obligations

- 1) DO NO _____
- 2) Have competence in counseling on the topic you are being asked to address, if not refer.
- 3) _____ informed consent.
- 4) Maintain confidentiality.
- 5) Avoid _____ issues.
- 6) Don't counsel someone already being counseled by another. (Example: Don't counsel a person under a psychiatrist's care)

C. Guidelines for handling affection:

- 1) A counselor should remain above _____
He/she should refrain from all appearance of evil (II Thess. 5:22)
- 2) Counseling sessions should take place in a private setting in a semipublic place. Other people should be around but out of hearing distance.
- 3) The counselor SHOULD _____ HAVE _____
CONTACT with the counselee.
- 4) He or she can counsel in the home of a person of the opposite sex ONLY when the spouse or other adults are present in the house.
- 5) The counselor should watch for any inappropriate feeling (referred to as transference ... when coming from the person we are counseling (Called countertransference when coming from us to them) that may develop and take action in the relationship.
- 6) If _____ seem to be getting out of your control, _____ the counselee to another counselor.

D. Caution always:

- 1) Set _____.
- 2) Don't do their work.
- 3) When you _____ concern and compassion, be very careful that you don't let them become dependent on you for their answer.

Breakout

Discuss in a group the concerns and tools when you personally are addressing Ethical question that may arise.

Ethically it important that there is an understanding of the time comment.

A Short-term Approach

Over 20 years ago, I (Dr. Don Allen) added to my library several books in a series called “Strategic Pastoral Counseling Resources” each book was written by various authors. However, they each present a simple outline of an approach to help pastors and Christian counselors to successfully navigate there counseling time. The following is my (Dr. Don Allen) adaptation of the outline:

- Pastoral Counseling uses _____ material (i.e. Bible, and other handouts) to help the individual progress and change his/her view.
- Pastoral Counseling is Wholistic in its view, attempting to help the person address their _____ (actions), Cognitive (thoughts), and Affective (feelings).
- Pastoral Counseling should be _____ focused
- Pastoral Counseling should be structured and time sensitive. Generally lasting only 4 to 5 session.
 - o The first stage is “_____”
 - Setting boundaries, exploring the problem, and history.
 - o The second stage is “_____”
 - Exploring the Thinking, Affective, and Actions that have created the problem. Then identifying coping skills and resources for change.
 - o The third stage is “_____”
 - Evaluation of progress and referrals if needed.

Important Ethical Note from Dr. Don Allen ...

**When _____ any individual or
scripture, always quote it within
context!**

Types of Counseling:

Ethically, it is important that we understand the type of counseling we provide to the individual.

“Christian counseling is a blending of psychotherapy or counseling efforts with the Christian value system, beliefs and philosophy. It is a general term and does not specify the training of the counselor, nor the particular approach to the counseling. That is, licensed professionals as well as lay people may identify themselves as Christian counselors, and they may differ widely in their styles and methods of counseling. The unifying factor is the reliance on Christianity (Christ-centered and Bible-based) for guidance and healing.”¹⁸

CHRISTIAN COUSELING VS SECULAR COUNSELING.

“Christian counseling vs. secular counseling. What are the differences and similarities? As a rule, both Christian counseling and secular counseling share the same desire to help people overcome their problems, find meaning and joy in life, and become healthy and well-adjusted individuals, both mentally and emotionally. Most counselors have graduate degrees and have spent years learning their craft. The word “counseling” can have multiple meanings, including offering advice and encouragement, sharing wisdom and skills, setting goals, resolving conflict, etc. Counselors often probe the past (whether the problem happened a week ago or during childhood) to repair the present. Sometimes they explore possible affects of physical and chemical imbalances that can cause physiological problems. A major part of counseling is resolving and restoring conflicts between people.

Christian counseling is distinct from secular counseling in that it specifically incorporates the spiritual dimension, Biblical truths, and a seeking of God’s will in an individual’s life. Christian counselors understand that the Bible has a lot of practical wisdom about human nature, marriage and family, human suffering, and so much more. By using biblical concepts in counseling, they can sometimes provide specific direction and accountability. Psalm 119:24 says, “Your statutes are my delight; they are my counselors.”¹⁹

¹⁸ <https://www.cognitive-therapy-associates.com/types-of-therapy/christian-counseling/>

¹⁹ <http://www.ccu.edu/blogs/cags/2010/11/christian-counseling-vs-secular-counseling/>

Four chief characteristics of a counselor:

In their book *“Christ Center Therapy; The Practical Integration of Theology and Psychology”* Dr. Neil Anderson, Dr. Terry Zuehlke, and Juliannie S. Zuehlke. Give the following description of various Christian counseling.²⁰

- 1) _____ **Counselors** ... These Christian counselors see the integration of psychological principles as unwise at best, and these principles are not used when religious concerns are addressed in the therapy hour.
- 2) _____ **Counselor** ... This therapist is a Christian in private or personal life but believes that open expression of and attention to spiritual issues should not occur in a psychotherapy session.
- 3) _____ **Counselor** ... Counselor who adopts this approach may have integrated their expression of faith with psychological principles but for various reasons do not openly demonstrate this fact in the therapy session.
- 4) _____ **Counselor** ... Therapist in this category are most likely to accomplish the multidimensional goals of or counseling in a Christian setting, they utilize explicit expression of the spiritual aspects of life in a treatment plan, along with psychological assessments and treatment techniques. These therapists take a balanced approach to counseling.

Breakout ...

Ask the students to discuss in groups of three or four which one they see themselves as a counselor and why.

²⁰ Dr. Neil Anderson, Dr. Terry Zuehlke, and Juliannie S. Zuehlke; *“Christ Center Therapy; The Practical Integration of Theology and Psychology”*, Zondervan Publishing, Grand Rapids, MI (2000)

Section Three:

Communication Skills

Developing “People Helping Skills”

Individuals develop people helping skills over time:

It takes practice to be able to develop the effective use of these skills. Even the individuals listed on the previous pages learned to develop these skills in order to be successful in helping people address issues in their personal life.

The following is the Four Basic helping skills.

G-R-E-W

It is essential that as people helpers we are able to share the following with the individual we are talking with.

1. _____
 - Is the ability to be fully you and express yourself to others. It is the lack of phoniness, faking, and defensiveness. When you are genuine, the way you act on the outside matches your thoughts and feelings on the inside.
2. _____

- Is the ability to let another person know, through your words and actions, that you believe that he or she can make it in life, the right to make his or her own decisions, and the ability to learn from the outcome of those decisions.

3.

- Is the ability to understand how another person sees and interprets an experience. It is different from sympathy (feeling sorry for someone). When you are empathetic, you can look at and understand a situation from another person's perspective. It does not mean you have to agree with that person.

4.

- Is somewhat synonymous with caring. It is friendliness and consideration shown by facial expression, tone of voice, gestures, posture, eye-contact, and such non-verbal behaviors as looking after individual's well-being.

Role Play ...

Asked the students to role play using GREW as their example, when counseling someone that comes to them for help.

Using S-O-L-E-R plan

The S-O-L-E-R PLAN²¹ is about giving the individual your UNDIVIDED attention. Remember this is only a plan not the law. It has been found when you attempt to do these things it helps in the helping process. However, my rule of thumb is you do what works best for you, and the person that you are ministering too.

{Adapted from the book *The Skilled Helper, A Systematic Approach to Effective Helping* by Gerard Egan}

- _____ face the individual
 - o Sit across from the individual if possible.
 - This allows you to observe facial expression
 - Body language and movement
- _____ your posture
 - o Allow yourself to be open.
 - Don't sit with arms or legs crossed.
- _____ towards the individual
 - o This allows you to appear in tune to what they are saying
- _____ contact should be maintained
 - o People like to have the other make eye contact when they are talking.
 - Caution should be given here, as we begin to minister in a more diversity of culture. In some cultures, it is an offence to maintain eye contact. And in many it is very inappropriate for a gentleman to maintain eye contact with a lady.
- _____ and be natural
 - o Be yourself

²¹ Egan, Gerard, *The Skilled Helper ... A Systematic Approach to Effective Helping* Brooks/Cole Publishing Company, Pacific Grove, CA, copyrighted 1990

It's OK:

Dr. Allen admits that some of his professors will turn over in their graves or if they're still alive they will most likely disown him, for this part of the workshop.

The authors of SOLER PLAN would totally disagree with me, but here we go!

- Some People Helpers will never sit at a table and talk, because it places a barrier between you and the other person.
 - o However, for me personally, I have found it to be one of the greatest places to minister.
 - o I have found as a pastor/counselor one of the most therapeutic places for helping people is at their own _____ table.
- Some People Helpers would not feel comfortable while out _____.
 - o However, personally I found it to be refreshing and allows for some good conversation.
 - o This is especially good when talking to teenagers it takes you out of the authority role and into the helper role.
- Some People Helpers would not feel comfortable while _____ in the _____ of the church on Sunday Morning or following a church service.
 - o However, personally I have found some of my greatest conversation and time of helping took place in just a short period of time.
- Some People Helper would not feel comfortable sitting at a _____ table at your office or standing by a hot dog stand in Manhattan.
 - o However, here again personally, I have found it to be effective. Remember, it is about meeting the person where they are.

The key is you do what works for you and the person you're talking to!

Breakout

In your groups, discuss where you have found outside the office to be a good place to counsel individuals and why?

How we present information:

A. _____...

- a. SHARING information in an appropriate manner, so that an individual can understand what you are saying.

"Communication: the verbal or nonverbal exchange of information about facts, thoughts, or feelings"²²

B. Criticism ...

- a. Passing _____ on another's beliefs.

"The expression of disapproval of someone or something based on perceived faults or mistakes."²³

C. _____ ...

- a. This is different from what is presented in the previous section. This is when you belittle the individual or express an inappropriate remark about their actions
- b. "You will do it this way or else" ... "I can't believe you did that" ...

Breakout ...

Ask the students to discuss in groups of three or four which one they see themselves as a counselor using most often and why.

²² Trull, Timothy J.: Clinical Psychology (7th edition) Wadsworth, Belmont CA

²³ Dictionary.com

Using Appropriate Listening Skills²⁴

Incorporating appropriate listening skills is very important for each of us in the “People Helping” process. By failing to be a good listener, we miss a key opportunity to bless someone that truly wants help. The following are suggestions for healthy listening skills and are placed here to help remind us of the importance of not just hearing, but most importantly listening.

Have you as a “People Helper” put up Roadblocks to hearing what is being said?

1. _____ Your ears won’t hear while your mouth is talking. TWO SENDERS and NO RECEIVERS will not work ... one must listen and then switch the roles if needed.
2. Getting _____ to Talk.... Instead of concentrating on what is being said, you are already thinking and planning what you are going to say in response to this person.
3. _____ Arguing /Mental CRITICISM.... In your mind you are disagreeing with them and not allowing them to explain. Or you make a decision based on appearance or poor grammar.
4. Preoccupation.... Thinking about something else while the person is talking.
5. _____ ... Feeling annoyed with the slow pace of the individual’s speech or their inability to get to the point.
6. Poor _____ ... Noise, other people, room is too hot/cold, or other distractions can stop you from hearing.

²⁴ The material in this section of the workbook is from an old typed handout that was given to me many years ago as I started working in the field of counseling, the author is Anonymous.

7. Divided _____/Failure to see speaker... Things in the way of your being able to see the speaker's whole body. Facial expressions, body language, and hand motions.
8. Lack of Realization.... Coming to understand that listening is a job and it takes effort. You must apply yourself and concentrate on the listening process.
9. _____... The immature person is not sure of himself, so he is anxious to become a talker, not a listener. He wants to tell you what he knows.
10. Mental and physical _____ You cannot give the individual the attention they deserve if you are mentally or physically exhausted.... Explain the situation and come back after you are rested and capable to have the conversation.

Breakout

In your small group, discuss which of these have caused you the most problem when counseling?

Dr. Gerard Egan writes...

"To be an effective helper, you need to listen not only to the client but to yourself. Granted, you don't want to become self-preoccupied and stop listening to the client, but listening to yourself on a 'second channel' can help you identify what is standing in the way of your being with the listening to the client"²⁵

²⁵ Egan, Gerard, *The Skilled Helper ... A Systematic Approach to Effective Helping* Brooks/Cole Publishing Company, Pacific Grove, CA, copyrighted 1990

How can we use these skills in your own Personal People Helping?

1st we must learn to “S.T.O.P”

- STAND/SIT _____... Give your attention to the person talking.
- TAKE _____.. Remove yourself from other activities to focus on the person
- _____... Notice the body language and hand motions (what are they telling you about this conversation)
- PAY _____.... Focus on them and not everything else

Common Mistakes Counselors Make

In his book *Christian Counselor*²⁶ Dr. Gary Collins list 7 mistakes that counselor often make in helping people or counseling:

- 1) The counselor _____ instead of counseling
- 2) The counselor starts problem-solving too early
- 3) The counselor becomes an _____
- 4) The counselor is _____ or judgmental
- 5) The counselor becomes overly involved
- 6) _____ The counselor appears distant and artificial
- 7) The counselor is _____

Breakout ...

Ask the students to discuss in their group which of these mistakes they have made, and what they can do to correct the behavior.

²⁶ Collins, Gary: *Christian counseling*

Types of Negative Communication

Adapted from the book "The Master's Degree, Majoring in Your Marriage, by Frank and P. Bunny Wilson"²⁷

- Frowning
- Criticism (even constructive if it's at the wrong time)
- Cutting someone off in the middle of a sentence
- Correcting another individual in public
- _____ and deceitfulness
- "Your fault" messages (blaming)
- Comparing
- Forgetting special occasions
- _____ eye contacts
- Walking out of the room while someone is talking
- _____
- Hitting and shouting
- _____ jesting or mocking
- Disregard of other _____
- Discourtesy

Types of Positive Communication

- _____
- Nodding affirmatively as you speak
- Eye contact
- Touching (in appropriate manner)
- Listening
- "What can I do to help?" Messages
- Edifying
- Emotional sensitivity
- _____ Body language
- "I'm sorry, please forgive me" messages
- Forgiveness
- Trust
- _____
- Thoughtfulness
- Listening and active questioning"

²⁷ Wilson, Frank & Bunny, The Master's Degree Majoring in Your Marriage, Harvest House Publishers, Eugene, Oregon, 1996

Breakout

Looking back over the Negative and Positive list, which do you feel is your personal go to form of communication style, If negative how can you change it.

Section Four:

Helping People Change their Thinking!

Helping people change their thinking is an essential part of being a successful Counselor. The following material was adapted from an anonymous handout that Dr. Allen has used for years entitled "Cognitive Behavioral Therapy"

It is our _____, our _____, and _____ - not what happens around you, that causes you to feel a certain way or causes you to do certain things.

The goal of the counselor is to get the individual to look at current life situations and develop an understanding of the causes and what are the objectives they have for change.

Seven Simple Question to ask the counselee.

- 1) What has _____ in your life to bring you to this point?
- 2) What problems have you had that were the direct result of unhealthy thinking or behaviors?
- 3) Is the way you are living your life _____?
- 4) What changes do you feel you need to make?
- 5) Who do you feel is responsible for the changes that need to be made?
- 6) When do you feel will be the best time to begin making these _____?
- 7) Who is in charge of what happens in the future?
 - a. Note ... Here the counselor helps the counselee understand that both themselves and God play a major role in the future.

Ways to help people change!

- _____ the problem
- Define what the problem really is
- See what is the _____ outcome.
- See what they need to reach the desired outcome.
- Look at _____ approaches
- Try a different approach
- _____ them to work at achieving a desired outcome

Confronting People Appropriately

Each of us will face times when we must confront an individual. How we do this will not only affect us but will affect the other person. Especially be careful how you confront if the individual is dealing with personal or emotional issues, or if the individual is a child.

Remember the following ten (10) rules whenever you must confront someone:

1. Learn to separate the major issues from the minor issues.
 - a. Major....
 - i. An _____ or problem of SIGNIFICANCE that needs to be addressed quickly!
 - ii. For example: a wife/husband running up the credit card debt without discussing it first.
 - b. Minor.... Taking out the garbage
2. When a conflict arises, _____ them as soon as possible.
3. Stick to the _____ at hand.
4. In times of conflict, avoid _____, be specific.
5. Avoid personal _____ and character assassination.
6. Express real feelings; _____ intellectualizing.
7. Demonstrate _____ love and affirmation, but avoid patronizing.
 - Unconditional _____ ... This is hard to do sometimes. We believe that everything should be equal. What we give we should receive; love is not about getting it, is about giving ... without question.
 - _____ Building up the other person, not destroying them.
 - Patronizing ... Attempting to make the other person feel good by false flattery.
8. Demonstrate _____ and reflective listening.
 - Put yourself in the other person's place, feel what they are feeling and hear what they are hearing.
 - REFLECTIVE listening.... mirror back what the other person has said to you so that you are sure you heard correctly.

9. AFFIRM publicly, _____ privately.
- Give praise whenever possible, acknowledge their accomplishment.
 - Affirm them with others to uplift and boost.
 - Privately ... teach them to listen and learn, don't embarrass.

10. _____ to heal.... Not to win...
- Don't look for victory, look for the blessing.
 - Don't care about the position, care about the individual.
 - Don't view the success of winning, view the power of change.

Breakout

Which is your first reaction from the list in Confronting people as you discuss with the group is it the most effective?

Helping People _____ their Personal Self-Defeating Beliefs

1. People must love me, or I will be miserable
2. Making mistakes is terrible
3. People should be condemned for their wrong doing
4. It is terrible when things go wrong
5. My emotions can't be controlled
6. Self-discipline is too hard to achieve.
7. I Must depend on others
8. My childhood must always affect me
9. I can't stand the way others act
10. Every problem has a perfect solution
11. If others criticize me, I must have done something wrong
12. I should be better than others
13. I can't change what I think
14. I must never show weakness
15. Healthy people don't get upset
16. Strong people don't ask for help
17. People ought to do what I wish
18. I should be happy all the time
19. I'm not responsible for my behavior
20. I should be able to control my kid's (or spouse's) behavior
21. Will power alone can solve all my problems.

Adapted from a handout that Dr. Allen has in his file that he uses in counseling for years. Author is Anonymous

The following is from an Anonymous handout that Dr. Allen has used for years:

Tactics to Avoid Accountability

As counselors we need to learn to avoid these tactics in our counseling of others, and we also should be helping our counselee to avoid allowing them to be used in their personal lives.

- 1) You will continually point out other's _____ and inadequacies.
- 2) You are building yourself up by putting others down.
- 3) Telling others what they want to hear and what is true.
- 4) Lying by omission, by distorting the truth and by disclosing only what benefits you.
- 5) _____(Using words like ... someone, maybe, if I feel like it).
- 6) You divert attention from yourself (introduces irrelevant information).
- 7) You attempt to confuse others.
- 8) You minimize the situation "I just got into a little trouble".
- 9) You agree to say "Yes" without really meaning it.
- 10) Silence.
- 11) You pay _____ only to what suits you at the time.
- 12) You make a Big Scene about a minor point.
- 13) You put off doing something by saying "I forgot".

Section Five:

Topics counselors are asked to address:

Note from Dr. Allen, please understand that all the topics covered in Section Five could be full course's by themselves.

We have divided this section into Nine parts, each part should be studied and discussed so that we are able to effectively counsel individuals that come to us for help.

Part One

Happiness:

Many people struggle in life because they are not happy, the following list was found in "The complete Life Encyclopedia²⁸, A Minirth Meier New Life Family Resource." They state the Guide to being Happy and having a healthy life is:

- 1) " _____ your life to Jesus Christ.
- 2) Commit yourself daily to serving and glorifying Jesus Christ.
- 3) Spend time each day mediating on God's Word.
- 4) Purge anger from life daily.
- 5) Don't get caught up in the sin trap.
- 6) Spend time with your family.
- 7) _____ close friendships.
- 8) Glorify God and seek satisfaction in your daily routine.
- 9) Do some act of kindness or service for someone this week.
- 10) Respond, don't react.
- 11) Maintain godly _____.
- 12) Practice positive self-talk.
- 13) Understand your feelings.
- 14) _____ the fact that no one is perfect.
- 15) Be _____, not aggressive, not passive."

As people helpers, we are often going to be called on to help people that are not Happy, and the above list gives us something to help them address the sadness. And begin looking for positive solutions.

Breakout

In your small group discuss what makes you happy, and what scriptures you could share with the individual to help them focus on happiness.

²⁸ Minirth, Frank, Meier, Paul, and Arterburn, Stephen, The Complete Life Encyclopedia, Thomas Nelson Publisher, Nashville, 1995

Part Two

Marriage Counseling

Before you begin ... Remember helping Marriage and Family is the most difficult task you will ever undertake. You must keep in mind that each member of the family that comes for help will bring a different personality, history, beliefs, and feelings to the meeting.

The aim is to help improve troubled _____ between a husband and wife, to assist with coming up with healthy solutions to improve the relationship. Majority of Christians will seek "Counseling/Help" from Pastors, Friends, prior to going to a professional counselor.

- 1) Never go into the counseling session with a _____ idea of who is right or wrong.
 - a. It is _____ and even unethical to counsel your close friends, especially if have a personal close relationship with at least one of the individuals (such as with the husband).

In your small group discuss the importance (ethical) reason for not counseling your family and friends.

- 2) _____ why they are both there.
 - a. Guilt/shame
 - b. Coerced by a spouse
 - c. Advised by an attorney
 - d. Forced by children in the home
- 3) Identify the _____ of the couple
 - a. Their _____ styles.
 - b. How they resolve conflict.
 - c. Their commitment to each other.
 - d. The individual's expectations of the spouse:
 - i. Should be more like my dad or mom.
 - ii. Should give me anything I want.
 - iii. Should be at home whenever I am.
 - iv. Should provide the unlimited physical attention I seek.
- 4) Identify the _____ of the relationship.
 - a. Personal Christian beliefs.

- b. Core Vision of Marriage.
- c. _____ hurt with a past relationship.
- d. Unforgiven hurt with a parent.
- e. Abandonment (fact or perceived) issues.
- f. Cause for most Marriage/Family issues involve one or more of the following:
 - i. _____
 - ii. Poor Communication skills.
 - iii. Self-centeredness on one or more of the family members.
 - iv. Poor _____
 - 1. This could include either a family being too strict or having no rules.
 - v. Spiritual Problems
 - 1. A marriage that is struggling with the different faiths of members
 - vi. Unemployment or Job related. Stress/Transition.
- g. Somethings that you must do:
 - i. _____ maintain strict neutrality.
 - ii. Clearly define the situations.
 - iii. Help the family members _____ difference.
 - iv. Help them look for solutions, not fault.
 - v. LEAVE THE _____ IN THEIR HANDS.
- h. Help define the needs of each individual:
 - i. Psychological needs.
 - ii. _____ needs.
 - iii. _____ needs.
 - iv. Self-esteem needs.
 - v. Self-Actualization needs (feeling of accomplishment).
- i. Helping develop healthy families
 - i. Seven things or factors that can consistently be found in families that are mentally, emotionally, and relationally healthy.
 - 1. Love.
 - 2. Authentic love requires.
 - 3. Love God.
 - 4. Love ourselves.
 - 5. Love our _____.
 - 6. Love our _____.
 - 7. Love the people around us.
- j. Discipline
 - i. Consistency
 - ii. Example
 - 1. Clear family hierarchy.

- 2. Clear family _____.
- iii. Clear family rules.

Part Three

Counseling Single Parents

The sad reality is that no matter where we live, Single Parents are a reality of life, as Pastors and People Helpers, how we communicate with them is essential. The following are some guidelines to help you.

Ethical statement:

_____ counsel a single parent of the _____ sex alone!

Breakout

In your group discuss why this must (ethical) the requirement for all pastors.

- I. _____ them to seek personal relationships outside of their children.
- II. Discuss their _____ of family.
 1. It is important to help them understand that regardless of them raising children alone, they are still a family.
- III. Discuss their view of discipline.
 1. Help them embrace a Christian/Biblical view of _____.
 - a. Time outs
 - b. Spanking
 - c. Yelling

Breakout

In your group discuss which method of discipline is most appropriate, also keeping in mind that beating or abuse is never acceptable and should ethically be reported to the authorities.

- IV. Discuss their view of _____ (Theirs and the child's)
 1. Help them identify the feelings they are having.
 2. Help them to develop tools to discuss the feeling that their children are having.
 3. Help them develop a _____ for addressing the feelings children share with them (anger, sadness,

guilt, and many more) so that they don't make these feeling theirs.

- V. Helping the Child feel great about themselves.
1. Help the parents to focus as much as possible on the positive things that are happening in their family, and not the negative.
 2. Be _____ with the child about what is happening.
 3. Help them feel safe and make things as _____ as possible.
 4. Help them learn effective verbal skills and appropriate response to situations.
 - a. Help them learn to effectively _____ these skills to their children.

Part Four

Counseling the Sick

- A. Helping someone who is sick or told they are terminally ill.
- 1) Remember _____ is a _____:
 - a. Not only for the individual that is sick, but for the family as well. Illness is:
 - b. Social Crisis
 - c. Personal Crisis
 - 2) What do you need to have when counseling with an individual that is sick?
 - a) A _____ Spirit!
 1. Having _____ for the individual.
 - b) An understanding of the Bible, and where to go:
 - c) Some good verses are:
 1. Psalm 55:22
 2. Psalm 121
 3. Matthew 6:25-35
 4. Philippians 4: 6-7, 13, 19
 5. I Peter 5: 6-7

In the large group as the students to share additional verses they would use in counseling someone that is sick, please be sure that the verses are used within the context they are written.

- d) _____ when using scripture with someone that is sick or grieving, keep the passages short.

Ethical ... Always keep the text within the context it is written!

- e) _____ with them.
- f) Use good _____.

This maybe a great place for the Students to role play a hospital visit and share how they would minister to individual that is sick or hurt.

Part Five

Depression ...

Personal Note from our author of this study Dr. Don Allen states: I have spent hours counseling individuals both within the secular community, Christian Counseling agency, and the church individuals that are dealing with various levels of depression. Sadly, I believe that this is one of the most misunderstood issues facing individuals and especially the church today.

In their book, *Understanding Depression*, the writers Siang-Yang Tan & John Ortberg, Jr state that: "Depression has been called the Common Cold of emotional illness"²⁹

The great theologian and writer C.S. Lewis wrote: "Mental pain is less _____ than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain _____ the burden: it is easier to say "My tooth is aching" than to say "My heart is broken."³⁰

Depression is a _____ that covers many areas of our lives, from guilt and shame, to a chemical imbalance in the brain, to fear. We must understand that not all depression will be treated the same.

Personal Note from the Author (Dr. Don Allen) of the Manual note: When ever I work with someone dealing with depression, I attempt to help them to understand who they are in their personal relationship with Christ (See Appendix I)

I. What is depression?

The American Psychiatric Association gives the following definition: "Depression ³¹(major depressive disorder) is a _____ and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of

²⁹ Siang-Yang Tan & John Ortberg, Jr; *Understanding Depression*, Baker Publishing House, Grand Rapids, MI 1995

³⁰ C. S. Lewis, *Problem with Pain*, originally published in 1940

³¹ American Psychiatric Association, <https://www.psychiatry.org/patients-families/depression/what-is-depression>

emotional and physical problems and can decrease a person's ability to function at work and at home."

Throughout scripture we see several individuals that struggled with depression including David, Elisha, Job, and others.

Breakout

As a group, look up two or three people you identify that struggled with depression, and discuss how God intervened in their lives.

II. Symptoms of depression

Depression symptoms can vary from mild to severe and can include:

- Feeling _____ or having a depressed mood.
- Loss of interest or pleasure in activities once enjoyed.
- Changes in _____ weight loss or gain unrelated to dieting.
- Trouble sleeping or sleeping too much.
- Loss of energy or increased fatigue.
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed _____ and speech (actions observable by others)
- Feeling worthless or _____.
- Difficulty thinking, concentrating or making decisions.
- Thoughts of death or suicide".³²

Breakout:

In their small groups have the students discuss the symptoms of depression and share how they have impacted their personal lives. Then focus on some things that helped them come out of the depression.

III. Treating depression

In Dr. Allen's book, *Christians Coping with Depression*, he states to help an individual move forward we need to:

"Always be moving in the direction of healing and health

- Taking medication if prescribed by a doctor.

³² © 2019 American Psychiatric Association. All Rights Reserved. 800 Maine Avenue, S.W., Suite 900, Washington, DC 20024

Note from the author ... Some individuals will require medication to cope with their depression, it is imperative that we support this just like we do with other health conditions.

- Look for _____ times with family and friends (Get up and go).
- Find things to laugh about.
- Get in the habit of telling yourself or that individual dealing with depression “Positive Affirmation”.
- _____ on God and being grounded in HIM.
- Strengthen your understanding of who you are in CHRIST.
- Praise/Worship. Individuals that are dealing with depression find their mood _____ while listening to great praise and worship music.

Part Six

Counseling Grief and Loss

J. P. Chaplin writes in Dictionary of Psychology "A strongly unpleasant emotional state associated with loss or deprivation and others accomplished by sobbing or weeping"

In order to be effective in helping an individual coping with Grief, we must first do three things:

- I. _____ the loss or losses
 - a. The first loss:
 - b. The loss of a _____ (death, divorce, etc.)
 - c. The loss of a child
 - d. The loss of a _____
 - e. The loss of a job
 - f. The loss of a pet
 - g. The loss of a car
 - h. And the list can go on

As a large group have the students discuss losses, they have personally experienced. Looking at how the loss personally impacted their life.

- II. Identify if the loss is a fact or perception
 - a. Is this a fact (really happened)?
 - b. Is this only a perception? (no supporting information)
 - c. Identify the _____ of the loss.
- III. Help them understand and move through the Stages of Grief:
 - A. _____ — "I feel fine."; "This can't be happening, not to me."
 - a. Denial is usually only a temporary defense for the individual. This feeling is generally replaced with heightened awareness of possessions and individuals that will be left behind after death. Sometimes referred to as shock
 - i. Not willing to accept events as they are reported to you.
 - ii. Numbness often plays a role here!
 - iii. I really must give up everything.

iv. This can't be happening to me.

- B. _____ — "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"
- a. Once in the second stage, the individual recognizes that denial cannot continue. Because of anger, the person is very difficult to care for due to misplaced feelings of rage and envy. Anger directed at God for allowing this to happen.
 - i. Anger directed at the person for dying.
 - ii. Anger directed at the people involved for their part.
 - iii. My life miserable (your life will be miserable).
 - iv. This is your fault.
 - v. God why did you get me into the mess? This maybe a result of loss of faith in God, due to him not answering prayer the way we want.
- C. _____ — "Just let me live to see my children graduate."; "I'll do anything for a few more years."; "I will give my life savings if..."
- a. The third stage involves the hope that the individual can somehow postpone or delay death. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle. Psychologically, the individual is saying, "I understand I will die, but if I could just have more time..."
 - i. "Playing the 'If' game; 'If I had only done this differently'"
 - ii. Let's make a deal.
 - iii. What do I have to do not to feel this way?
 - iv. Sadness.
- D. _____ — "I'm so sad, why bother with anything?"; "I'm going to die... What is the point?"; "I miss my loved one, why go on?"
- a. During the fourth stage, the dying person begins to understand the certainty of death. Because of this, the individual may become silent, refuse visitors, and spend much of the time crying and grieving. This process allows the dying person to disconnect from things of love and affection. It is not recommended to attempt to cheer up an individual who is in this stage. It is an important time for grieving that must be processed.

- i. Isolation from family and friends is often the outcome.
- ii. Continuous low, this is always depression, it could simply be a lack of motivation to do something, because we always did it with the other person.
- iii. Guilt or shame often results from the lack of not doing something with the individual: I didn't call or visit enough. I remember the last words I said.....

E. _____ — "It's going to be okay."; "I can't fight it, I may as well prepare for it."

- a. In this last stage, the individual begins to come to terms with her/his mortality or that of a loved one.
 - i. Ready to move on and accomplish some little goals, so that we can move to the large ones.
 - ii. Developing skills for coping, I highly recommend that individuals get around people that have been there, done that (have lost a loved one or whatever the loss is) and find out the skills they have used to move forward.
 - iii. Face a new day without the madness and realize that it is over. As I have counseled individuals over the years this is the hardest part, we keep going back to the past (or the madness) and don't move beyond the relationships.
 - iv. Look for people that love and support you.
 - v. Accept the new outlook and expect things to change and move forward.

Breakout

Discuss in a group ask the students to share personal experiences in where they went through the grief process, discussing who help them through it, what was helpful, and how they came to acceptance.

It should be pointed out here that individuals proceed through these steps at various speeds, for men it is generally thought they spend about 6 to 9 months, addressing their grief and moving on with life. However, women address their grief generally over a period of _____ to _____ months.

It is often believed that every individual will go through the process (stages of grief), and will touch each stage at least once, and most will touch several of them more than once. The object of the Grief process is to continue to move through life, understanding that your life continues despite the loss you suffered.

“Recovery from grief and loss can be facilitated by systematically addressing four major tasks.

- 1) _____ the reality of the loss
- 2) Working through _____ pain
- 3) Adjusting to life without whatever has been lost
- 4) _____ emotionally.”³³

Ecclesiastes 3:1-8 states:

“1. To everything there is a season, and a time to every purpose under the heaven:

2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; 3 A time to kill, and a time to heal; a time to break down, and a time to build up; 4 A time to weep, and a time to laugh; a time to mourn, and a time to dance; 5 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; 6 A time to get, and a time to lose; a time to keep, and a time to cast away; 7 A time to rend, and a time to sew; a time to keep silence, and a time to speak; 8 A time to love, and a time to hate; a time of war, and a time of peace.” KJV

In the large group ask the students to compile a list of verse they could/would use to help someone in Crisis. Please remember to keep the verse within the context they are used in scripture.

³³ Christ Center Therapy, The Practical Integration of Theology and Psychology.

Part Seven

Helping People Cope with Stress

Questions I hear often asked by individuals in the Christian community include:

- Can a Christian have _____ in their life and still be a Christian?
- How can I as a Christian handle stress?
- Is stress _____ for me?
- Have I sinned if I have stress in my life?
- What do I do if I have stress?

Breakout

Within the small groups discuss how that Stress has personally impacted your life, and some of the tools you used to overcome it.

Matthew 11: 28 – 30 (NKJV)

“Come to me, all you who labor and are heavy laden and I will give you rest. Take my yoke upon you and learn from me, for I am gentle. And lowly in heart, and you will find rest for your souls. For My yoke is easy and my burden is light.”

Merriam – Webster Dictionary: constraining force or influence: as a : a force exerted when one body or body part presses on, pulls on, pushes against, or tends to compress or twist another body or body part; especially : the intensity of this mutual force commonly expressed in pounds per square inch b : the deformation caused in a body by such a force c : a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation

The NEW KING JAMES VERSION OF THE BIBLE uses the word Distress ...

(Stress) Distress implies mental or physical strain imposed by pain, trouble, worry, and suggest situation that can be relieved.

Dictionary of Psychology (Chaplin) defines it as: (Noun) A state of strain whether physical or psychological.

Every individual will face two types of stress in their life daily. They can be defined as factual or perceived.

_____ ... An event that contains or consists of factual or literal events that have happened to the individual or people around them.

_____ ... Events passed on by the individual beliefs from experience that may not be based on facts

- 1) At _____ (factual or perceived)
- 2) Stress related to _____ at work (factual or perceived)
- 3) Stress related to co-workers (factual or perceived)
- 4) Stress related to your own work (factual or perceived)
- 5) Stress related to your _____ scheduler (calendar) (factual or perceived)

What are the Solutions to Relieving Stress?

- a. Expose the belief (factual or perceived) that is responsible for the stress.
- b. _____ that a solution exists.
- c. Incorporate a solution into your current thinking.
- d. Therefore, making the needed changes for today.
- e. If you can't think of a solution, " _____ for help."

Part Eight

Counseling Suicidal Individual

...

There are an estimated one million people committing Suicide every year around the world.

The key words are _____ and _____!

Our observation: Behavioral Clues that we should be watching for:

- Previous suicide attempts.
- Acquiring a gun or stockpiling pills.
- Co-occurring _____, moodiness, or hopelessness.
- Getting personal affairs in order.
- Giving away prized possessions or objects of importance.
- Sudden interest or disinterest in _____
- Drug/alcohol abuse or relapse after a period of recovery.
- Unexplained anger, aggression and _____.

Situational Clues that we should be watching for:

- Being _____ from employment or being expelled from school.
- A recent unwanted move.
- Loss of any major relationship.
- Death of a spouse, child, or best friend, especially if by suicide.
- Diagnosis of a serious health issue or _____ illness.
- Sudden unexpected loss of freedom/fear of punishment.
- Anticipated loss of financial security.
- Loss of a cherished therapist, counselor, teacher, or mentor.
- Fear of becoming a _____ to others.

Tools for helping those contemplating Suicide:

- As you are helping individuals that may be Suicidal, THIS IS NOT TIME TO BE _____ or even preach about their individual life choices. The most important thing is getting help and helping them to be safe!

- This is a really bad day:
 - o Unfortunately, you may have had friends that thought suicide was the answer to the bad day they were having. Remember this is a permanent answer, with no return if you are successful, and if you fail, the results could be very bad as well.
- People are at a higher risk for suicide when they:
 - o Are _____, agitated and enraged.
 - o Are isolated.
 - o Are using drugs and/or alcohol.
 - o Are feeling _____.
 - o Are depression and Suicide.
 - o Ask the hard question:
- What are the questions to ask?
 - o The National Institute of Mental Health (NIMH) has developed the following straight forward question as a part of their "Ask Suicide Screening Question."
 - In the past few weeks, have you wished you were _____?
 - In the past few weeks, have you felt that you or your family would be better off if you were dead?
 - In the past week, have you been having thoughts of _____ yourself?
 - Have you ever tried to kill yourself?
 - If the individual's answer is YES to any of the above questions, ask the following question: "Are you having thoughts of killing yourself right now?"
- Focus on the solutions
 - o YOUR _____ TO LISTEN AND TO HELP CAN REKINDLE HOPE. HOPE MAKES ALL THE DIFFERENCE!

Role-play:

Have the students break up into groups of two and have them role play helping someone focus on finding a positive solution in the midst of a crisis.

- Ask them to _____ with you to get help.
 - o Get them to STAY FOCUSED on God's _____ love for them!

Personal Note from the Author (Dr. Don Allen) of the Manual note:
Whenever I work with someone dealing with Suicidal thoughts, I

attempt to help them to understand who they are in their personal relationship with Christ and focus on that love. (See Appendix I)

- o If the individual is not a believer, focus on the loved ones that do exist in their life.
- o _____ on a Biblical world view of God's love despite their thoughts.
- o Using the scripture to reflect on HIS (Christ) solutions. Remember that many in the Bible talked about it and even some did it.
- o The Psalmist wrote in his greatest moment of despair! Psalm 40:1-3 (ESV) ... "To the choirmaster. A Psalm of David. I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear and put their trust in the Lord."
 - 1st Peter 5:7 ... "Casting all your anxieties on him, because he cares for you."
 - Isaiah 53:4 ... "Surely he (referring to Christ) has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted."
 - Psalm 23:4 ... "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
 - 2 Corinthians 12:9 (ESV) ... But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Within your large group discuss what other verses you could apply to help someone that is considering Suicide.

- Get them to _____ UP AND _____ and ask others to pray with them and for them.

Remind them: "Every event that brings suicidal thoughts is temporary! This is a fact."

What to Do:

Take suicide threats seriously. Be direct, open, and honest in communication.

- _____ Allow the individual to express their feelings and express your concerns in a non-judgmental way.
- Say things like, "I'm here for you. Let's talk. I'm here to help."
- Ask, "Are you having suicidal thoughts?"
- A _____ plan indicates greater risk.
- Take action sooner rather than later.
- Dispose of pills, drugs and guns.
- Don't worry about being disloyal to the individual; contact a reliable family member or close friend of the person.

What Not to Do:

- Do not leave the person _____ if you feel the risk to their safety is immediate.
- Do not treat the threat lightly even if the person begins to joke about it.
- Do not act _____ or condemn the person opening up to you. There may not be another cry for help.
- Do not point out to them how much better off they are than others.
- This increases feelings of guilt and worthlessness.
- Do not swear yourself to _____.
- Do not offer simple solutions.
- Do not suggest drugs or alcohol as a solution.
- Do not _____ the person.
- Do not argue with the person.
- Do not try to counsel the person yourself
- GET PROFESSIONAL HELP!

Remember:

- Almost everybody who is struggling with suicidal thoughts is _____ about living or not living.
- Suicide crises can be _____.
- Suicide attempts must always be taken seriously.
- Suicidal individuals generally show warning signs.

Transfer them for additional help

- Get them to plan ahead so they don't act on it!
- Get _____ to help them.
- Help them to start discovering and making necessary changes.
- Help them to put together a list of who they will call if times get tough again.
- Help them to plan where they will go that is safe during a crisis moment.

- the importance of: Staying focused on being safe and appropriate.

Part Nine

Counseling Alcohol/Addicts:

The Dictionary defines Alcoholism this way:

- “continued excessive or compulsive use of alcoholic drinks, a chronic, a progressive, potentially fatal disorder marked by excessive and usually compulsive drinking of alcohol leading to psychological and physical dependence or addiction

Note: Alcoholism is typically characterized by the inability to control alcoholic drinking, impairment of the ability to work and socialize, tendency to drink alone and engage in violent behavior, neglect of physical appearance and proper nutrition, alcohol-related illness (such as hepatitis or cirrhosis of the liver), and moderate to severe withdrawal symptoms (such as irritability, anxiety, tremors, insomnia, and confusion) upon detoxification.”

Bible definition of a Drunkard! Proverbs 23: 29-35 (KJV)

“29 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? 30 They that tarry long at the wine; they that go to seek mixed wine. 31 Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. 32 At the last it biteth like a serpent, and stingeth like an adder. 33 Thine eyes shall behold strange women, and thine heart shall utter perverse things. 34 Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. 35 They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.”

Dr. Henry Morris in his book, The Genesis Flood, writes “The first time ‘wine’ is mentioned in the Bible it occurs here in connection with the drunkenness and shame of Noah.

A search of the scripture will find 229 verses that refer to alcohol in some form or another. Some of them are positive references such as when referring to the Lord’s Supper, others however, are negative references relating to issues such as:

- _____ - Proverbs 4:14-17

- Brawling - Proverbs 19:29-20:1
- Rage - Esther 7:6b-10
- Anger - Isaiah 5:11-12 and Hosea 7:3-7
- Strife - Proverbs 23:29
- _____ - Proverbs 23:29-35
- Slandering - I Corinthians 5:11-13
- Mocking others - Proverbs 19:29-20:1

Breakout

Have the students discuss these behaviors and other behaviors that addiction causes, including other verses that may apply.

We must be willing to identify the problem (sin).

A lot of people have come to the conclusion that we won't address the elephant in the house.

It is not the name (Alcoholic, Drunk, Addict, Substance Abuser or even Chemical Dependent)

- It is the _____.
- It is the repeated use and abuse of alcohol.
- It is the unchanging actions.
- House rules are simple: Don't talk; don't tell; and don't Trust.
- Family _____: Enabler, Hero, Scapegoat, Mascot, or Lost Child.

We must be willing to help them identify the underlying problem or issue.

Most addiction/alcoholism is caused by one of three things:

- _____ pain
- Psychology issue or _____
- Family history
- I understand that we can break the chains of addiction, but we need to break those chains in the person we are helping now!

We must be willing to help them find _____ to stopping.

There is always the desire for the miracle. However, until it happens, we must pursue other options.

- This can include a church _____!

- o Someone very mature that is NOT going to get sucked into their stories or lies.
- This can include _____ Counseling/treatment
- Some individual's need Detox ... Please understand people die from detoxing from alcoholism and other drugs.
- Outpatient treatment (generally two or three days a week for 2 or three hours)
- Short-term Inpatient treatment (generally includes a stay of 21 to 30 days)
- Long-term (Can last from 4 to 6 months)
- _____ Residential programs (such as Teen Challenge, Rescue Missions, and etc. focusing on working out sobriety with Christ.
- This can include Alcoholics Anonymous or other 12 step programs.

How can we personally help?

- Be a great _____.
- Be willing to look at solutions.
- Pray with the individual if they desire.
- However, don't ever say you're ok now or healed from alcoholism or addiction.
- Help them find _____ for their pervious behavior.
- However, be careful that you don't make them feel guiltier than they are.
 - o Great illustration: Who has been under andesitic and was told they said things they didn't remember.
- Share _____ within the _____ it is written.

Part Ten

Post-Traumatic Stress Disorder

Around the world, we are seeing Post Traumatic Stress Disorder on the rise and with the natural disasters, terrorism, violence on our streets, and accidents on our highways, wars, and the violence within our home's PTSD is on the rise around the world. The following thoughts are simply designed to help you understand PTSD and a tool to help you guide someone that needs help.

"Post-Traumatic Stress Disorder (PTSD) is related to the intense stress of a traumatic event (such as war, a natural disaster, rape, a car accident, or an airplane crash). It is characterized by anxiety, recurrent nightmares, disturbed concentration, disturbed sleep, guilt, and depression."
(The Complete Life Encyclopedia)

Personal Note from the Author (Dr. Don Allen) of the Manual note:
See my notes in Appendix D.

Behavior's that could indicate an individual has PTSD:

- Past _____ with a traumatic event that involved actual or threatened death or serious injury caused a reaction of intense _____ or helplessness. (Please keep in mind this can be a factual or perceived injury or threat).
- Recurrent intrusive _____ or dream of the event.
- Acting or feeling as if the trauma were recurring.
- Intense distress when exposed to stimuli (a person, place, or thing) that prompt memories of the trauma.
- _____ of stimuli (people, place, or thing) that trigger traumatic memories.
- Period of disassociation or inability to remember parts of the trauma.

- Persistent _____ of increase autonomic arousal (e.g. difficulty sleeping, irritability, angry, outburst, difficulty _____, hyper vigilance, or exaggerated startle response).
- Individual becoming severely depressed and feeling completely hopeless about the future.
- _____ persistent suicidal thoughts.
- Abusing alcohol or other drugs or greatly increasing tobacco use.
- Being unable to accomplish the tasks required for daily living or to hold a job.

What can I do if I'm faced with PTSD in my personal life, or someone I know?

- _____ that there is problem, and something is not right.
- Seek help from a professional that has an understanding about PTSD and begin the process of healing by _____ with mature Christian friends.
- If placed on medications by your doctor, continue to take the medication until he/she stops prescribing it. (Never attempt to stop medication without your doctor's assistance and approval)

Section Six:

Appendix A:

Applying ... God's Emergency Numbers!

- ◆ When in sorrow, call ... John 14
- ◆ When men fail you, call ... Psalm 27
- ◆ If you want to be fruitful, call ... John 13
- ◆ When you have sinned, call ... Psalm 51
- ◆ When you have worry, call ... Matthew 6: 19 -34
- ◆ When you are in danger, call ... Psalm 91
- ◆ When God seems far away, call ... Psalm 139
- ◆ When your faith needs stirring, call... Hebrews 11
- ◆ When you are lonely and fearful, call ... Psalm 23
- ◆ When you grow bitter and critical, call ... I Corinthians. 13
- ◆ For Paul's secret to happiness, call ... Col. 3:12 -17
- ◆ For ideas of Christianity, call ... I Corinthians. 5: 15 -19
- ◆ When you feel down and out, call ... Romans 8:31 -39
- ◆ When you want peace and rest, call ... Matthew 11: 25 -30
- ◆ When your world seems bigger than God, call ... Psalm 90
- ◆ When you want Christian assurance, call ... Romans 8: 1-30
- ◆ When you leave home for labor or travel call ... Psalm 121
- ◆ When your prayers grow narrow or selfish, call ... Psalm 67
- ◆ For a great invention/opportunity, call ... Isaiah 55
- ◆ When you want courage for a task, call ... Joshua 1
- ◆ How to get along with your fellow man, call ... Romans 12
- ◆ When you think of investments/returns, call ... Mark 10
- ◆ If you are depressed, call ... Psalm 27
- ◆ If you're losing confidence in people, call I Corinthians. 13
- ◆ If your pocket book is empty, call Psalm 37
- ◆ If people seem unkind, call ... John 15
- ◆ If discouraged about your work, call ... Psalm 126
- ◆ If you find the world growing small and yourself great, call ...Psalm 119

Emergency numbers may be dialed direct ... No operator assistance is necessary ... All lines are open to Heaven 24 Hours a Day, 7 days week, and 365 day per year.

Appendix B:

Scripture to use when counseling:

Assurance of Salvation:	John 10: 27 - 30 John 6: 35 - 37 I John 5: 11 - 13 John 3: 16 John 1: 12
Anger	Ephesians 4: 26 - 27 Leviticus 19: 17 -18 Romans 12: 15 - 16 Proverbs 15: 1 Proverbs 19: 12 Ecclesiastes 7: 9 Colossians 3: 8 Matthew 5: 21 - 24
Anxiety	John 14: 27 Matthew 6: 25 - 34 Psalm 27: 1 Psalm 34:4 Psalm 56: 3 Psalm 16: 11 Psalm 37: 1 & 7 Psalm 43: 5 Proverbs 16: 7 Isaiah 41: 10 Philippians 4: 6 - 9 & 19 II Thessalonians 3: 3 I Peter 5: 7
Assurance of Answered Prayer	I John 5 14 John 16: 24 John 14: 13 -14 Jeremiah 33:3 Matthew 7: 1 -5

Assurance of God's Forgiveness:	I John 1: 9 John 8: 3 -11 Psalm 103: 12 -14
Bereavement and Loss	Deuteronomy 31: 8 Psalm 23 Psalm 27: 10 Psalm 119: 50
Bitterness	Hebrews 13: 12 Ephesians 4: 31 Acts 8: 23 Proverbs 14: 10
Christian Fellowship	Psalm 112: 1 & 9 Matthew 18: 20 John 13: 34 Acts 2: 42 & 46 I Corinthians 1:9 Hebrews 10: 24 -25 I John 1: 3 & 7
Comfort	Psalm 23 Lamentations 3: 21 - 26 Matthew 5: 4 Matthew 11: 28 - 30 John 14: 16 - 18 Romans 15: 4 II Corinthians 1: 3 - 5 II Thessalonians 2: 16 - 17
Dangers	Psalm 23:4 Psalm 32: 7 Psalm 34:7, 17, & 19 Psalm 91: 1 - 2 & 11 Psalm 121: 1 - 8 Isaiah 43: 2 Romans 14: 8
Disappointment	Psalm 43: 5 Psalm 55: 22 Psalm 125: 6 John 14: 27 II Corinthians 4: 8 -10

Discouragement	Joshua 1: 9 Psalm 27: 14 Psalm 43:5 John 14: 1 -3 & 27 John 16: 33 John 19: 25 - 27 Colossians 1: 5 Hebrews 4: 16 I Peter 1: 3 - 9 I John 5: 14 Revelation 22: 1 - 4
External Pressures	Joshua 1: 9 Psalm 37: 5 Romans 8: 28 II Corinthians 12: 9 I Peter 5: 7 I John 5: 4-5
Forgiving Others	Ephesians 4:32 II Corinthians 2:7 Luke 6:37 Matthew 6:14 Mark 11:25
Guilt	Psalm 32: 1 -2 Romans 8: 1 II Corinthians 5: 21 Ephesians 1: 7 Colossians 2: 9 - 17 Titus 3: 5
Loneliness	Hebrews 13: 5 Matthew 28: 19 - 20 Psalm 139:16
Marital Conflicts	Ephesians 5: 22 -23 Colossians 3: 18 -19 I Peter 3: 1 -7 I Corinthians 7: 1- 5
Overcoming Depression	Psalm 42: 5 & 11 Psalm 43:5 Genesis 4: 6 -7 John 14: 1

Parent-Child Conflicts	Deuteronomy 6: 4 -9 Ephesians 6: 1 -4 Colossians 3: 20 -21 Proverbs 13: 24 Proverbs 29:15
Suffering	II Corinthians 4: 7 - 18 II Corinthians 1: 3 - 4 II Corinthians 12: 7 - 10 Hebrews 12: 5 - 11 Romans 8: 28- 29 Romans 5: 15 John 9: 1 - 3 Mark 5: 21 -24 I Peter 1: 3 - 9
Temptation	I Corinthians 10: 12 & 13 Hebrews 4: 15 & 16 Proverbs 4: 12 James 4: 7 & 8 Proverbs 8: 32
Trails	James 1: 2 - 5 I Peter 1: 6 & 7 Job 23: 10 Romans 5: 1 - 5 Philippians 1:27 I Peter 4: 12 -19

Appendix C:

Yearly Bible Reading Schedule:

- o Day 1 - Genesis 1-4
- o Day 2 - Genesis 5-8
- o Day 3 - Genesis 9-12
- o Day 4 - Genesis 13-17
- o Day 5 - Genesis 18-20
- o Day 6 - Genesis 21-23
- o Day 7 - Genesis 24-25
- o Day 8 - Genesis 26-28
- o Day 9 - Genesis 29-31
- o Day 10 - Genesis 32-35
- o Day 11 - Genesis 36-38
- o Day 12 - Genesis 39-41
- o Day 13 - Genesis 42-43
- o Day 14 - Genesis 44-46
- o Day 15 - Genesis 47-50
- o Day 16 - Exodus 1-4
- o Day 17 - Exodus 5-7
- o Day 18 - Exodus 8-10
- o Day 19 - Exodus 11-13
- o Day 20 - Exodus 14-16
- o Day 21 - Exodus 17-20
- o Day 22 - Exodus 21-23
- o Day 23 - Exodus 24-27
- o Day 24 - Exodus 28-30
- o Day 25 - Exodus 31-34
- o Day 26 - Exodus 35-37
- o Day 27 - Exodus 38-40
- o Day 28 - Matthew 1-4
- o Day 29 - Matthew 5-6
- o Day 30 - Matthew 7-9
- o Day 31 - Matthew 10-11
- o Day 32 - Matthew 12-13
- o Day 33 - Matthew 14-17
- o Day 34 - Matthew 18-20
- o Day 35 - Matthew 21-22
- o Day 36 - Matthew 23-24
- o Day 37 - Matthew 25-26
- o Day 38 - Matthew 27-28
- o Day 39 - Leviticus 1-4
- o Day 40 - Leviticus 5-7
- o Day 41 - Leviticus 8-10
- o Day 42 - Leviticus 11-13
- o Day 43 - Leviticus 14-15
- o Day 44 - Leviticus 16-18
- o Day 45 - Leviticus 19-21
- o Day 46 - Leviticus 22-23
- o Day 47 - Leviticus 24-25
- o Day 48 - Leviticus 26-27
- o Day 49 - Mark 1-3
- o Day 50 - Mark 4-5
- o Day 51 - Mark 6-7
- o Day 52 - Mark 8-9
- o Day 53 - Mark 10-11
- o Day 54 - Mark 12-13
- o Day 55 - Mark 14
- o Day 56 - Mark 15-16
- o Day 57 - Numbers 1-2
- o Day 58 - Numbers 3-4
- o Day 59 - Numbers 5-6
- o Day 60 - Numbers 7
- o Day 61 - Numbers 8-10
- o Day 62 - Numbers 11-13
- o Day 63 - Numbers 14-15
- o Day 64 - Numbers 16-18
- o Day 65 - Numbers 19-21
- o Day 66 - Numbers 22-24
- o Day 67 - Numbers 25-26
- o Day 68 - Numbers 27-29
- o Day 69 - Numbers 30-32
- o Day 70 - Numbers 33-36
- o Day 71 - Luke 1-2
- o Day 72 - Luke 3-4
- o Day 73 - Luke 5-6
- o Day 74 - Luke 7-8
- o Day 75 - Luke 9-10
- o Day 76 - Luke 11-12
- o Day 77 - Luke 13-15
- o Day 78 - Luke 16-18
- o Day 79 - Luke 19-20
- o Day 80 - Luke 21-22
- o Day 81 - Luke 23-24
- o Day 82 - Deuteronomy 1-2
- o Day 83 - Deuteronomy 3-4
- o Day 84 - Deuteronomy 5-8
- o Day 85 - Deuteronomy 9-11
- o Day 86 - Deuteronomy 12-15
- o Day 87 - Deuteronomy 16-19
- o Day 88 - Deuteronomy 20-22
- o Day 89 - Deuteronomy 23-25

- o Day 90 - Deuteronomy 26-27
- o Day 91 - Deuteronomy 28-29
- o Day 92 - Deuteronomy 30-32
- o Day 93 - Deuteronomy 33-34
- o Day 94 - John 1-2
- o Day 95 - John 3-4
- o Day 96 - John 5-6
- o Day 97 - John 7-8
- o Day 98 - John 9-10
- o Day 99 - John 11-12
- o Day 100 - John 13-15
- o Day 101 - John 16-17
- o Day 102 - John 18-19
- o Day 103 - John 20-21
- o Day 104 - Joshua 1-4
- o Day 105 - Joshua 5-7
- o Day 106 - Joshua 8-10
- o Day 107 - Joshua 11-13
- o Day 108 - Joshua 14-17
- o Day 109 - Joshua 18-20
- o Day 110 - Joshua 21-22
- o Day 111 - Joshua 23-24
- o Day 112 - Acts 1-3
- o Day 113 - Acts 4-5
- o Day 114 - Acts 6-7
- o Day 115 - Acts 8-9
- o Day 116 - Acts 10-11
- o Day 117 - Acts 12-13
- o Day 118 - Acts 14-15
- o Day 119 - Acts 16-17
- o Day 120 - Acts 18-19
- o Day 121 - Acts 20-21
- o Day 122 - Acts 22-23
- o Day 123 - Acts 24-26
- o Day 124 - Acts 27-28
- o Day 125 - Judges 1-3
- o Day 126 - Judges 4-5
- o Day 127 - Judges 6-8
- o Day 128 - Judges 9-10
- o Day 129 - Judges 11-13
- o Day 130 - Judges 14-16
- o Day 131 - Judges 17-19
- o Day 132 - Judges 20-21
- o Day 133 - Ruth 1-4
- o Day 134 - Romans 1-3
- o Day 135 - Romans 4-7
- o Day 136 - Romans 8-10
- o Day 137 - Romans 11-14
- o Day 138 - Romans 15-16
- o Day 139 - 1 Samuel 1-3
- o Day 140 - 1 Samuel 4-7
- o Day 141 - 1 Samuel 8-12
- o Day 142 - 1 Samuel 13-14
- o Day 143 - 1 Samuel 15-16
- o Day 144 - 1 Samuel 17-18
- o Day 145 - 1 Samuel 19-21
- o Day 146 - 1 Samuel 22-24
- o Day 147 - 1 Samuel 25-27
- o Day 148 - 1 Samuel 28-31
- o Day 149 - 2 Samuel 1-3
- o Day 150 - 2 Samuel 4-7
- o Day 151 - 2 Samuel 8-11
- o Day 152 - 2 Samuel 12-13
- o Day 153 - 2 Samuel 14-16
- o Day 154 - 2 Samuel 17-19
- o Day 155 - 2 Samuel 20-22
- o Day 156 - 2 Samuel 23-24
- o Day 157 - 1 Corinthians 1-4
- o Day 158 - 1 Corinthians 5-9
- o Day 159 - 1 Corinthians 10-13
- o Day 160 - 1 Corinthians 14-16
- o Day 161 - 1 Kings 1-2
- o Day 162 - 1 Kings 3-5
- o Day 163 - 1 Kings 6-7
- o Day 164 - 1 Kings 8-9
- o Day 165 - 1 Kings 10-12
- o Day 166 - 1 Kings 13-15
- o Day 167 - 1 Kings 16-18
- o Day 168 - 1 Kings 19-20
- o Day 169 - 1 Kings 21-22

- o Day 170 - 2 Kings 1-3
- o Day 171 - 2 Kings 4-5
- o Day 172 - 2 Kings 6-8
- o Day 173 - 2 Kings 9-10
- o Day 174 - 2 Kings 11-13
- o Day 175 - 2 Kings 14-16
- o Day 176 - 2 Kings 17-18
- o Day 177 - 2 Kings 19-21
- o Day 178 - 2 Kings 22-23
- o Day 179 - 2 Kings 24-25
- o Day 180 - 2 Corinthians 1-4
- o Day 181 - 2 Corinthians 5-9
- o Day 182 - 2 Corinthians 10-13
- o Day 183 - 1 Chronicles 1-2
- o Day 184 - 1 Chronicles 3-4
- o Day 185 - 1 Chronicles 5-6
- o Day 186 - 1 Chronicles 7-9
- o Day 187 - 1 Chronicles 10-12
- o Day 188 - 1 Chronicles 13-16
- o Day 189 - 1 Chronicles 17-19
- o Day 190 - 1 Chronicles 20-23
- o Day 191 - 1 Chronicles 24-26
- o Day 192 - 1 Chronicles 27-29
- o Day 193 - 2 Chronicles 1-4
- o Day 194 - 2 Chronicles 5-7
- o Day 195 - 2 Chronicles 8-11
- o Day 196 - 2 Chronicles 12-16
- o Day 197 - 2 Chronicles 17-20
- o Day 198 - 2 Chronicles 21-24
- o Day 199 - 2 Chronicles 25-28
- o Day 200 - 2 Chronicles 29-31
- o Day 201 - 2 Chronicles 32-34
- o Day 202 - 2 Chronicles 35-36
- o Day 203 - Galatians 1-3
- o Day 204 - Galatians 4-6
- o Day 205 - Ezra 1-4
- o Day 206 - Ezra 5-7
- o Day 207 - Ezra 8-10
- o Day 208 - Ephesians 1-3
- o Day 209 - Ephesians 4-6
- o Day 210 - Nehemiah 1-3
- o Day 211 - Nehemiah 4-7
- o Day 212 - Nehemiah 8-10
- o Day 213 - Nehemiah 11-13
- o Day 214 - Philippians 1-4
- o Day 215 - Esther 1-5
- o Day 216 - Esther 6-10
- o Day 217 - Colossians 1-4
- o Day 218 - Job 1-4
- o Day 219 - Job 5-8
- o Day 220 - Job 9-12
- o Day 221 - Job 13-16
- o Day 222 - Job 17-20
- o Day 223 - Job 21-24
- o Day 224 - Job 25-30
- o Day 225 - Job 31-34
- o Day 226 - Job 35-38
- o Day 227 - Job 39-42
- o Day 228 - Psalms 1-8
- o Day 229 - Psalms 9-17
- o Day 230 - 1 Thessalonians 1-5
- o Day 231 - Psalms 18-21
- o Day 232 - Psalms 22-27
- o Day 233 - 2 Thessalonians 1-3
- o Day 234 - Psalms 28-33
- o Day 235 - Psalms 34-37
- o Day 236 - Proverbs 1-3
- o Day 237 - Psalms 38-42
- o Day 238 - Proverbs 4-7
- o Day 239 - 1 Timothy 1-6
- o Day 240 - Psalms 43-49
- o Day 241 - Psalms 50-55
- o Day 242 - Proverbs 8-11
- o Day 243 - 2 Timothy 1-4

- o Day 244 - Psalms 56-61
- o Day 245 - Psalms 62-68
- o Day 246 - Proverbs 12-14
- o Day 247 - Psalms 69-72
- o Day 248 - Titus and Philemon
- o Day 249 - Psalms 73-77
- o Day 250 - Psalms 78-80
- o Day 251 - Proverbs 15-17
- o Day 252 - Psalms 81-88
- o Day 253 - Hebrews 1-4
- o Day 254 - Hebrews 5-8
- o Day 255 - Hebrews 9-10
- o Day 256 - Hebrews 11-13
- o Day 257 - Psalms 89-94
- o Day 258 - Psalms 95-103
- o Day 259 - Proverbs 18-20
- o Day 260 - James 1-5
- o Day 261 - Psalms 104-106
- o Day 262 - Psalms 107-111
- o Day 263 - Proverbs 21-23
- o Day 264 - 1 Peter 1-5
- o Day 265 - Psalms 112-118
- o Day 266 - Proverbs 24-26
- o Day 267 - Ecclesiastes 1-4
- o Day 268 - Ecclesiastes 5-8
- o Day 269 - Ecclesiastes 9-12
- o Day 270 - Psalm 119
- o Day 271 - Proverbs 27-29
- o Day 272 - Proverbs 30-31
- o Day 273 - 2 Peter 1-3
- o Day 274 - Song of Songs 1-4
- o Day 275 - Song of Songs 5-8
- o Day 276 - Isaiah 1-3
- o Day 277 - Isaiah 4-8
- o Day 278 - Isaiah 9-11
- o Day 279 - Isaiah 12-14
- o Day 280 - Isaiah 15-19
- o Day 281 - Isaiah 20-24
- o Day 282 - Isaiah 25-28
- o Day 283 - Isaiah 29-31
- o Day 284 - Isaiah 32-34
- o Day 285 - Isaiah 35-37
- o Day 286 - Isaiah 38-40
- o Day 287 - Isaiah 41-43
- o Day 288 - Isaiah 44-46
- o Day 289 - Isaiah 47-49
- o Day 290 - Isaiah 50-52
- o Day 291 - Isaiah 53-56
- o Day 292 - Isaiah 57-59
- o Day 293 - Isaiah 60-63
- o Day 294 - Isaiah 64-66
- o Day 295 - Psalms 120-133
- o Day 296 - 1 John 1-5
- o Day 297 - Jeremiah 1-3
- o Day 298 - Jeremiah 4-5
- o Day 299 - Jeremiah 6-8
- o Day 300 - Jeremiah 9-11
- o Day 301 - Jeremiah 12-14
- o Day 302 - Jeremiah 15-17
- o Day 303 - Jeremiah 18-21
- o Day 304 - Jeremiah 22-24
- o Day 305 - Jeremiah 25-27
- o Day 306 - Jeremiah 28-30
- o Day 307 - Jeremiah 31-32
- o Day 308 - Jeremiah 33-36
- o Day 309 - Jeremiah 37-39
- o Day 310 - Jeremiah 40-43
- o Day 311 - Jeremiah 44-46
- o Day 312 - Jeremiah 47-48
- o Day 313 - Jeremiah 49
- o Day 314 - Jeremiah 50
- o Day 315 - Jeremiah 51-52
- o Day 316 - Psalms 134-140
- o Day 317 - 2, 3 John and Jude
- o Day 318 - Lamentations 1-2
- o Day 319 Lamentations 3-5
- o Day 320 - Ezekiel 1-4
- o Day 321 - Ezekiel 5-8
- o Day 322 - Ezekiel 9-12
- o Day 323 - Ezekiel 13-15
- o Day 324 - Ezekiel 16-17
- o Day 325 - Ezekiel 18-20
- o Day 326 - Ezekiel 21-22
- o Day 327 - Ezekiel 23-24
- o Day 328 - Ezekiel 25-27
- o Day 329 - Ezekiel 28-30

- o Day 330 - Ezekiel 31-32
- o Day 331 - Ezekiel 33-35
- o Day 332 - Ezekiel 36-38
- o Day 333 - Ezekiel 39-40
- o Day 334 - Ezekiel 41-43
- o Day 335 - Ezekiel 44-46
- o Day 336 - Ezekiel 47-48
- o Day 337 - Psalms 141-150
- o Day 338 - Daniel 1-3
- o Day 339 - Daniel 4-5
- o Day 340 - Daniel 6-8
- o Day 341 - Daniel 9-12
- o Day 342 - Revelation 1-3
- o Day 343 - Revelation 4-7
- o Day 344 - Revelation 8-11
- o Day 345 - Revelation 12-14
- o Day 346 - Revelation 15-17
- o Day 347 - Revelation 18-20
- o Day 348 - Revelation 21-22
- o Day 349 - Hosea 1-4
- o Day 350 - Hosea 5-7
- o Day 351 - Hosea 9-11
- o Day 352 - Joel 1-3
- o Day 353 - Amos 1-4
- o Day 354 - Amos 5-9
- o Day 355 - Obadiah & Nahum
- o Day 356 - Jonah 1-4
- o Day 357 - Micah 1-4
- o Day 358 - Micah 5-7
- o Day 359 - Habakkuk 1-3
- o Day 360 - Zephaniah 1-3
- o Day 361 - Haggai
- o Day 362 - Zechariah 1-7
- o Day 363 - Zechariah 8-4
- o Day 364 - Malachi 1-4

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Appendix D:

Helping Family and Friends Cope with Trauma

This study-guide was originally designed at the request of pastors after the Nairobi, Kenya Mall shooting several years ago, to help Pastors and Minister to effectively help individuals touched by that tragedy.

(Authors Note: This study-guide is not designed or intended to provide all the answers about Trauma. It is simply a guide to begin a dialogue on what Trauma is and some of the tools to help others cope with it.

(Rev. Don Allen, Jr. PhD & Ethan Allen)

Sadly, every individual is going to cope with trauma in their life, whether it's through their own personal actions, someone else, or by an act of nature. Trauma is a natural part of life. However, how we react to the trauma and deal with the physical and psychology effects of it will affect our future and that of the individuals around us.

Clinically we often refer to an individual coping with trauma as having Post Traumatic Stress Disorder (PTSD). Untreated, PTSD will often create both physical and emotional problems throughout the individual's life causing problems with relationships, physical and emotional health, and drug abuse.

Trauma can be defined in two different ways:

- **PHYSICAL TRAUMA** could be a body wound or shock produced by sudden physical injury, as from violence or accident.

- **PSYCHOLOGY TRAUMA** is an experience that produces psychological (often referred to as emotional trauma) injury or pain.

Event's that could lead to emotional or psychological traumas are:

- Unexpected tragedy:
 - Shooting (either witnessing or being shot)
 - Robbery
 - Forcible Sexual Assault
 - War.
 - Act of Nature (flood, tornado, fire, and etc.)
 - In children we find a major area of trauma is from being forcefully removed from a family environment.
- You were unprepared for it.
 - We often find individuals that are affected by trauma where they were not prepared for the events that were about to happen.
- You felt powerless to prevent it.
 - There was nothing you could do to stop the event from unfolding
- It happened repeatedly.
 - We often find these cases where individuals are dealing with trauma of war or abuse (could include sexual, physical, or verbal).
- It happened in childhood.
 - Sadly, many of the traumas individuals deal with are the result of events that happened years earlier, as a child.

Individual thoughts or actions in coping with a Traumatic event:

- **Denial/Unwillingness** at the present time to acknowledge the event was Traumatic or even happened.
- **Shifting Blame** to physical problems or health issues, in order to not have to cope with the Traumatic memories of the experiences. The health problem or issues may be real or imaginary.
- **Self-Medicating** (Using Drugs or Alcohol) in order to be able for a period of time to feel numb and not have to think about the emotional pain they are suffering from the Traumatic events.
- **Withdrawal:** from Alcohol or Drugs can play a major negative role in a person's ability to cope with the trauma.

Help for Physical Trauma can be obvious and includes going to a doctor or hospital and getting treated for the cut, bruises, gunshot, etc.

Help for Psychology Trauma is not always as obvious

Sadly, there is NO Magic solution or method for helping others deal with the Trauma they have experienced. As pastors, friends, and family, the following are four essentials that will help the individual over the long and sometimes very painful process:

- **Listen:** Individuals that have experienced a traumatic event such as sexual assault, act of nature (flood, tornado, fire, and etc.), war, or act of terrorisms, are looking for someone to listen, to hear, and not pass judgment on their beliefs and feelings.
- **Cultural/Family Perspective:** Understanding the culture & family in which an individual lives and their perception of what is a traumatic event. When the culture or family puts little or no

value on life, the results of a trauma event will be different than when a greater value is placed on life.

- **Pray:** Most importantly we pray for them. We pray for three things: (1) God's peace overcomes their heart and mind, and they walk these painful memories. (2) God reveals himself to them as the Greater Healer (Great Physician and Wise Counselor) (3) God gives us the words that will help them walk through the pain and memories into a peaceful relationship with Christ.
- **Challenge their thinking:** When appropriate, help them challenge their beliefs that the traumatic event was somehow their fault. Help them process the events, thinking about what if anything they could have done differently.
- **Encourage them to forgive themselves and others:** Ironically, many individuals believe that they are responsible for what happened, they asked for it, etc. We need to encourage them to forgive themselves and to accept God's forgiveness and love.

Appendix E:

Scripture that may help deal with the Trauma:

- Psalms
 - 16; 23; 27; 30; 42:1-8; 46; 90; 103; 130; 118: 121; 130:8-18; 138; 139:1-14, 17-18.
- Isaiah 25:6-9 God will wipe away tears
- Isaiah 40:1-6, 8-11, 28-31 Comfort my people
- Isaiah 55:1-3, 6-13 Hear that your soul may live
- Isaiah 61:1-3 Bind up the broken hearted
- Lamentations 3:17-26, 31-33 The steadfast love of the Lord never ceases
- Luke 24: 13-35 The Lord has risen indeed
- John 6:35-40 I am the bread of life
- John 14: 1 – 6, 27. My peace I give to you
- Romans 8: 28, 31b –35, 37 – 39. If God is for us
- 1 Corinthians 15:1 – 28 Our resurrection
- 2 Corinthians 4: 16- 5:10 Living by faith
- Ephesians 1:15-23 Now that I have heard of your faith
- Ephesians 2:1. 4-10 From death to life
- Philippians 3:10-21 My one desire is to know Christ
- 1 Thessalonians 4:13-18 We believe that Jesus died and rose again
- 2 Timothy 2:8-12a If we die with him, we shall live with him
- 1 John 3: 1-2 We are now God's children
- 1 John 4:7-18a My dear friends, let us love one another
- Revelation 21:1-7 I saw a new heaven and a new earth

Appendix F:

Rules for communication In a group or counseling situation

Due to circumstances you will find yourself being unable to work with individuals one- on-one and will have to work with groups of people.

1. ACTIONS speak louder than words.
2. Define what is important and stress it, define what is unimportant and ignore it.
3. Make your communication POSITIVE, shed negative feelings.
4. Be clear and specific.
5. Test all your assumptions verbally.
6. Be realistic and reasonable
7. Recognize that your family members are experts on you and your behavior.
8. Learn how to disagree without destructive feelings.
9. Be open and honest about your feelings.
10. Do not use unfair communication techniques.
11. Accept all feelings and try understanding them, you will accept yourself better.
12. Let the effect, not the intention, or your communication be your guide.
13. BE tactful, considerate and courteous.
14. Don't preach, lecture, or ramble.
15. Do not use excuses and do not fall for excuses.
16. Do not nag, yell or whine.
17. Learn when to use humor and when to be serious.
18. Learn to listen. Do not talk while another person is talking.

Appendix G:

Pastoral Counseling

Don Allen, Jr.

Friends I originally wrote this article on Pastoral Counselling for the following professional journal:

- Allen D. (2010) Pastoral Counselling. In: Leeming D.A., Madden K., Marlan S. (eds) Encyclopedia of Psychology and Religion. Springer, Boston, MA

Over the centuries pastoral counseling has been one of the main responsibilities of pastors throughout the church. Jesus provided pastoral counseling to his disciples and to the crowds that followed Him. He talked regularly with those who were physically sick and emotionally hurting.

The Apostle Paul also gave pastoral counseling to his young students and preachers such as Timothy and Titus. He also gave pastoral counseling through his letter to Philemon to address the issue of Onesimus returning home. He even gave pastoral counsel to Peter as he attempted to correct the issues facing the church in book of Acts.

Throughout all church history, pastoral counselors have been the foundational and focal point of helping people deal with all sorts of issues and problems. Pastors are frequently the first-person church members will seek help from when dealing with grief and death issues, crisis situations, marriage struggles, family issues, health problems, job-related problems, etc.

The goals of pastoral counseling are really quite simple:

- (1) To develop a relationship based on trust that supports the person seeking help.
- (2) To provide wise Biblical counseling and spiritual resources for church members and others seeking help.
- (3) To provide a safe environment offering confidentiality to people dealing with problems and issues.

Pastoral is defined as “Relating to the care of souls, or to the pastor of a church; as, pastoral duties; a pastoral letter”
(<http://dictionary.reference.com/browse/pastoral>).

Counseling is defined as “professional guidance of the individual by utilizing psychological methods especially in collecting case history data, using various techniques of the personal interview, and testing interests and aptitudes”
(<http://www.merriam-webster.com/dictionary/counselor>).

According to American Association of Pastoral Counselors, “Pastoral Counseling is a unique form of psychotherapy which uses spiritual resources as well as psychological understanding for healing and growth” (<http://www.aapc.org/about.cfm#intro>).

When you combine the two words you have a pastor (shepherd) caring for the souls (members) of his/her congregation by providing a listening ear, guidance, prayer, hope and wisdom in how to deal with crisis, family issues, spiritual dilemmas, etc.

It is recommended that we give the same consideration to people with emotional/mental health issues that we do when we help individuals deal with physical problems (such as a physical illness). Just as pastors refer people to seek appropriate medical care, we need to refer people to seek appropriate help to deal with issues of mental illness. As pastors, it is important to understand that unless we have had specific training in the field of mental health it is dangerous (and, in some cases, criminal) to deal with mental health issues as well. Over the years there have been a number of cases where churches and pastors have been sued and lost because of the information and advice they provided to someone dealing with a mental health problem.

Another essential area of pastoral counseling is hospital and nursing home ministry. Pastors are generally the first ones to be called to come and minister to a patient just before a surgery. Pastors are summoned to comfort the sick and dying. He/she will address fears and spiritual conditions and provide comfort from a spiritual perspective. Pastoral counselors often deal with the aftermath of a patient's hospital admittance or the grief of a family mourning the death of a loved one.

Pastoral counselors are also often called upon to minister in the prisons. He/she is asked to provide wisdom, comfort, hope and Biblical outlook for the inmate and the suffering family on the outside. The word chaplain refers to that person who feels a special call to

minister in jails, hospitals, military bases and workplaces. The chaplain's role is to provide support, encouragement, spiritual perspective and Biblical guidance in their place of ministry.

A relatively new and developing part of Pastoral Counseling is the professional Pastoral Counselor. This individual often has a Practice of Pastoral Counseling, which is not only their ministry, but also their employment. A professional Pastoral Counselor is often employed by the local church or social agencies that specialize in helping Christians or other religious groups address their issues in an office setting. The professional Pastoral Counselor studies counseling from a Christian or Biblical view and challenges clients to seek out answers and spiritual truth. Many states require that Pastoral Counselors be certified or licensed just as other professional counselors. A few states even offer credentials for those serving in the developing field of Pastoral Counselors.

Education Requirements

There is a wide range of education and training available for pastoral counselors, including seminars, workshops, distant learning programs and college level programs covering undergraduate, graduate, and doctoral programs. Many major Christian universities and seminaries offer degree programs in Pastoral Counseling or Christian Psychology. It is very important to review the college or seminary's accreditations and to understand the state laws regarding licensure of pastoral counseling within the local church and at private agencies.

Types of Counseling Performed

The content and practice of pastoral counseling is as diverse as psychology. There are generally three distinct groups: The first group is typically referred to as "Bible Only." This group uses the Scripture as their only tool for counseling. A foundational verse for this is "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness" (II Timothy 3:16). The Bible is their main authority and they feel that one can find all the answers to life's questions within the context of Scripture. The second group believes it is appropriate to take from both the Bible and the scientific discipline of psychology to help people address the problems they are dealing with. This group has no conflict using cognitive therapy to help individuals address substance abuse problems or Gestalt therapy to address an individual's personal decisions in seeking direction for their lives. The third point of view is that a counselor should only use only proven psychological methods to treat mental/emotional problems. This group and views pastoral counseling as only an

extension (not an integral treatment partner) of the mental health community.

Several therapies are commonly used by pastors when they provide pastoral counseling. Some of those therapies include:

- Rational Emotive Behavioral Therapies
- Solution Focus or Brief Therapies
- Cognitive Behavioral Therapy
- Person Centered Counseling
- Gestalt Therapy
- Behavior Therapy and
- Reality Therapy

There are also several professional organizations for Pastoral Counselors:

- American Association of Pastoral Counselors (AAPC)
- Association for Clinical Pastoral Education (ACPE)
- Association of Professional Chaplains
- American Association of Christian Counselor
- National Association of Nouthetic Counselor (NANC)
- Association of Biblical Counselors (ABC) and
- National Association of Catholic Chaplains.

Professional Journals of interest in the field of Pastoral Counseling include:

- The Journal of Pastoral Care Publications, Inc. (JPCP)
- The Journal of Pastoral Counseling
- The Journal of Pastoral Theology
- The Journal of Biblical Counseling and
- Christian Counseling Today

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Appendix H:

**MY TEACHING NOTES FOR THE LESSON! Originally presented
at Grace Church of the Valley School of Ministry.**

How Can I help in Crisis?

Addressing the Practical & Biblical View of helping in times of Crisis:

"When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity." - John F. Kennedy

The Free Dictionary defines Crisis as: "1. A crucial or decisive point or situation, especially a difficult or unstable situation involving an impending change. 2. A sudden change in the course of a disease or fever, toward either improvement or deterioration. 3. An emotionally stressful event or traumatic change in a person's life. 4. A point in a story or drama when a conflict reaches its highest tension and must be resolved."

Understanding Reality of the Facts:
CRISIS IS THE SUDDEN CHANGE IN WHAT WE CONSIDER
NORMAL!

A crisis will come! This is a fact of life, weather it is your family, church or community! Go with me in your thoughts to the events unfolding in the **first chapter of the Book of Job**. Within a short period of time the Crisis came in waves: Job faced unforeseeable events:

- All his oxen and donkeys were stolen and all of the servants watching them were killed.
- Lightening struck and burned up all the sheep and servants that was taking care of them.
- All his camels were stolen, and the servants watching over them were killed.
- All your son's and daughters were at a party and killed in the storm.

The Book of Job gives us some great insight on the faith of Job and how he overcame the attacks of the Devil, it is truly a great book of faith. However, how did the others fair through this time of Crisis:

- Who helped the families of the servants that died cope with their loss?
- Who was helping them in the spiritual, emotional, and financial struggles through their time of loss?
- Who supported the friends of his children that had to address the loss of their best friends?
- Who helped the families that survived the raids, and the loss of their income?
- Who helped the servants that escaped and had to share the message with Job, and knowing they are the only survivor?

The point I'm trying to make is the Crisis is never about one person! However, it clearly must be about the person we are focused on at this moment in time!

What is our response to Crisis when it hits, our family, church or community?

What is a Crisis? - "A crisis is a sudden upsetting event- sometimes foreseen, often not anticipated. It is an event that strikes people in a vulnerable place at an inopportune time. The English word is based on the Greek term '*krinein*', which means, 'to decide.' Crises are life-changing events in part, because decisions must be made that nearly always alter the course of life."³⁴

Over the past year families, churches, and communities have struggled with Crisis and individuals where the church has been called on to help address the human suffering and needs of individual impacted. Just within the past year we have seen in the United States crisis after crisis:

Including but not limited to hurricanes, wild fires across the California and the Northwest, massive flooding, shooting in schools and business and yes sadly even in places of worship.

Even closer to home: families, churches, and communities have been impacted by flooding, suicide, homicides, family members dying of natural causes, love ones coming home from war with injures both physical and emotional that must be addressed, or even those that don't come home alive, and even car accidents. All resulting in the

³⁴ *Soul-Care Bible*, American Association of Christian Counselors, Thomas Nelson Publishing, Inc. 2001, p.1194

families, churches, and communities being forced to come together and respond to the Crisis.

I think back just recently to the events as they unfolded at the 5th /3rd Bank Building downtown Cincinnati the horror and uncertainty as many knew of friends that could be in the building for various reasons, individuals that could be walking by the building on Fountain Square for any number of reasons. Now move that even to our local Business District, school, or places of worship in our own town how do we respond to those individuals coping with the aftermath.

We also must understand that for some “Their Crisis” is not a major family, church, or community event, it is personal such as loss of a job, being told they have a terminal illness, having major surgery, facing a court appearance, miscarriage (the impact is relevant both for the mother and father), divorce, living with a mental illness (personally or being the spouse, child, or parent of someone struggling with an illness) these are all crisis people face.

Understanding the Crisis is a Crisis whether a “Fact or Perception”

Fact is something that is seen and provable, a fire, a flood, a car crash, an individual in the hospital, the destruction of a home by a hurricane, or the list can go on. **Perception** is something that the individual believes has happened and for them that is so real.

Crisis creates emotions and feelings: (These can either be fact or perception)

- Uncertainty
- Depression
- Fear
- Anxiety
- Stress
- Discouragement
- Landlessness

“The great thing to remember is that though our feelings come and go God’s love for us does not.” — C.S. Lewis

How do we respond as individuals?

We first understand that there are some clear-cut ETHICAL Statements from the start:

- **Never tell anyone you talk with that you guarantee 100% confidentiality!**
 - o You will regret those words when you have called someone because the individual is suicidal, homicidal, or has been abusing a child or elderly person.
- **NEVER, NEVER, NEVER, tell or recommend to anyone that they should stop taking any medication:**
 - o No matter what your personal belief or position is on the subject? If there is question always, refer them to their doctor.

“Integrity is doing the right thing, even when no one is watching.”
— C.S. Lewis

Understand from the outset of this teaching I'm talking to Christians, and that is my focus.

I understand that there is within the community those that approach things in three different points of view:

- Some will use: A **strict Worldview** of separation of Church and state, and a world view that only the secular counseling agency or community can help.
- Some will use: A **strict Biblical View** that only Scripture is needed to help someone in crisis.
- Then there a **Practical & Biblical View** that I will be discussing throughout this teaching use both the Biblical and Practical resources to help this person through the Crisis ...

One method that will help is to use a scripture approach as seen in Roman 12:3-8: God shares the Gifts of Ministry:

"3 For by the grace given to me, I tell everyone among you not to think of himself more highly than he should think. Instead, think sensibly, as God has distributed a measure of faith to each one. 4 Now as we have many parts in one body, and all the parts do not have the same function, 5 in the same way we who are many are one body in Christ and individually members of one another. 6 According to the grace given to us, we have different gifts: If prophecy, use it according to the standard of one's faith; 7 if service, in service; if teaching, in teaching; 8 if exhorting, in exhortation; giving, with generosity; leading, with diligence; showing mercy, with cheerfulness."

All these gifts have a place in helping during a Crisis. However, ever one stands out from a Helper/Counseling perspective: **Exhorting or exhortation in verse 8**

In his book Christian Counseling Gary Collins writes ... "In Romans 12:8 we read about the gift of exhortation. The Greek word is *paraklesis*, which means "*come alongside to help*" The word implies admonishing, confronting, supporting, and encouraging people to face the future."

A very interesting Bible verse is found in **Proverbs 25:19** (GNT) "19 Depending on an unreliable person in a crisis is like trying to chew with a loose tooth or walk with a crippled foot."

We need to be focused on being dependable and knowledgeable!

As we share and minister with individuals in Crisis, we must always show them the following:

- **GENUINENESS**: Is the ability to be fully you and express yourself to others? It is the lack of phoniness, faking, and defensiveness. When you are genuine, the way you act on the outside matches your thoughts and feelings on the inside.
- **RESPECT**: Is the ability to let another person know, through your words and actions, that you believe that he or she could make it in life, the right to make his or her own decisions, and the ability to learn from the outcome of those decisions.
- **EMPATHY**: Is the ability to understand how another person sees and interprets an experience. It is different from sympathy (feeling sorry for someone). When you are empathetic, you can look at and understand a situation from another person's perspective. It does not mean you have to agree with that person.
- **WARMTH**: Is somewhat synonymous with caring. It is friendliness and consideration shown by facial expression, tone of voice, gestures, posture, eye-contact, and such non-verbal behaviors as looking after individual's well-being.

Some clear and obvious Don't ...

- **Don't be political**, this is not the time to debate your political views (such as gun control, abortion, who should or shouldn't be in office).
 - I make this point here because with our current worldview, everything has been politicized! For us to personally be effective we need to stay out of it.
- **Don't argue** about who is paying their respects or arriving to help. (You don't like someone there ... Shut up)
- **Don't debate** if this is God judgement for some sin either factual or perceived.

- **Don't debate religious ideations** in many crises we are asked or given the opportunity to work with an individual that may have a different religious belief system than us, focus on the "Support through the Crisis" ... There will be time for the spiritual support and opportunity to share your faith soon.
- In the book "**Billy Graham's Christian worker's Handbook**" on page 137, he states "Don't pretend to have answers for everything. Admit that you do not understand why and how God does what he does"

Some clear and obvious things to do ...

Helping People in Crisis is about helping them find the New Normal!

- **Address the Crisis:**
 - o Focus on the **Major** Crisis first, then focus on the Minor Crisis.
 - However, remember your definition of major and minor maybe different than theirs.
 - o Focus on helping find simple and obtainable solutions
- **Comfort the personal physically as needed!**
 - o Always being aware of personal boundaries and your personal/professional integrity.
- **Comfort them emotionally by showing Christian Compassion and Concern.**
 - o Share scripture as the opportunity arises
- **Pray with them and for them**

Questions that people ask and an appropriate response:

- 1) Why?
 - a. Throughout the Crisis is not the time to try to determine God's or anyone else thinking or reason for allowing something to happen.
- 2) How?
 - a. Throughout the Crisis is not the time to discuss all the gory details of how things happened.
- 3) Where?

- a. Sometimes folks ask where God is through this, assure them even in these times of crisis he is with them.

Pre-prepare for the long haul of helping or Refer to someone that can provide on-going support.

The following is from an Anonymous handout that Dr. Allen has used for years:

Appendix I:

Who I Am in Christ

All bible verses quoted in NIV

As a Christian Counselor/People Helper it is imperative that we help people understand who they are in their personal relationship with Christ.

I am accepted...

- John 1:12 I am God's child.
 - ***Yet to all who received him, to those who believed in his name, he gave the right to become children of God***
- John 15:15 As a disciple, I am a friend of Jesus Christ.
 - ***I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.***
- Romans 5:1 I have been justified.
 - ***Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,***
- 1 Corinthians 6:17 I am united with the Lord, and I am one with Him in spirit.
 - ***But he who unites himself with the Lord is one with him in spirit.***
- 1 Corinthians 6:19-20 I have been bought with a price and I belong to God.
 - ***Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you***

were bought at a price. Therefore honor God with your body.

- 1 Corinthians 12:27 I am a member of Christ's body.
 - ***Now you are the body of Christ, and each one of you is a part of it.***
- Ephesians 1:3-8 I have been chosen by God and adopted as His child.
 - ***Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding.***
- Colossians 1:13-14 I have been redeemed and forgiven of all my sins.
 - ***For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.***
- Colossians 2:9-10 I am complete in Christ.
 - ***For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.***
- Hebrews 4:14-16 I have direct access to the throne of grace through Jesus Christ.
 - ***Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every***

way, just as we are yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. I am secure...

- Romans 8:1 I am free from condemnation.
 - ***Therefore, there is now no condemnation for those who are in Christ Jesus.***

- Romans 8:28 I am assured that God works for my good in all circumstances.
 - ***And we know that in all things God works for the good of those who love him, who have been called according to his purpose.***

- Romans 8:31-39 I am free from any condemnation brought against me and I cannot be separated from the love of God.
 - ***What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died more than that, who was raised to life is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughter" "No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.***

- 2 Corinthians 1:21-22 I have been established, anointed and sealed by God.

- o ***Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.***
- Colossians 3:1-4 I am hidden with Christ in God.
 - o ***Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.***
- Philippians 1:6 I am confident that God will complete the good work He started in me.
 - o ***Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.***
- Philippians 3:20 I am a citizen of heaven.
 - o ***But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ,***
- 2 Timothy 1:7 I have not been given a spirit of fear but of power, love and a sound mind.
 - o ***For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.***
- 1 John 5:18 I am born of God and the evil one cannot touch me.
 - o ***We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.***

I am significant...

- John 15:5 I am a branch of Jesus Christ, the true vine, and a channel of His life.
 - o ***"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.***
- John 15:16 I have been chosen and appointed to bear fruit.

- o ***You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name.***
- 1 Corinthians 3:16 I am God's temple.
 - o ***Don't you know that you yourselves are God's temple and that God's Spirit lives in you?***
- 2 Corinthians 5:17-21 I am a minister of reconciliation for God.
 - o ***Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***
- Ephesians 2:6 I am seated with Jesus Christ in the heavenly realm.
 - o ***And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,***
- Ephesians 2:10 I am God's workmanship.
 - o ***For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.***
- Ephesians 3:12 I may approach God with freedom and confidence.
 - o ***In him and through faith in him we may approach God with freedom and confidence.***
- Philippians 4:13 I can do all things through Christ, who strengthens me.
 - o ***I can do everything through him who gives me strength. Who Am I in Christ?***

I am a child of God; God is spiritually my Father.

- Romans 8:14,15
 - ***Because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."***
- Galatians 3:26
 - ***You are all sons of God through faith in Christ Jesus.***
- John 1:12
 - ***Yet to all who received him, to those who believed in his name, he gave the right to become children of God.***

I am a new creation in Christ; old things have passed away and all things have become new.

- 2 Corinthians 5:17
 - ***Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!***

I am in Christ.

- Galatians 3:26,28
 - ***You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.***

I am an heir with the Father and a joint heir with Christ.

- Galatians 4:6,7
 - ***Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba," So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.***

- Romans 8:17
 - ***Now if we are children, then we are heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.***

I am reconciled to God and am an ambassador of reconciliation for Him.

- 2 Corinthians 5:18-19
 - ***All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.***

I am a saint.

- Ephesians 1:1
 - ***Paul, an apostle of Christ Jesus by the will of God, to the saints in Ephesus, the faithful in Christ Jesus:***
- 1 Corinthians 1:2
 - ***to the church of God in Corinth, to those sanctified in Christ Jesus and called to be holy, together with all those everywhere who call on the name of our Lord Jesus Christ their Lord and ours:***
- Philippians 1:1
 - ***Paul and Timothy, servants of Christ Jesus, to all the saints in Christ Jesus at Philippi, together with the overseers and deacons:***

I am God's workmanship, created in Christ for good works.

- Ephesians 2:10
 - ***For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.***

I am a citizen of heaven:

- Ephesians 2:19

- o ***Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household***
- Philippians 3:20
 - o ***But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ***

I am a member of Christ's body.

- 1 Corinthians 12:27
 - o ***Now you are the body of Christ, and each one of you is a part of it.***

I am united to the Lord and am one spirit with Him.

- 1 Corinthians 6:17
 - o ***But he who unites himself with the Lord is one with him in spirit.***

I am the temple of the Holy Spirit.

- 1 Corinthians 3:16
 - o ***Don't you know that you yourselves are God's temple and that God's Spirit lives in you?***
- 1 Corinthians 6:19
 - o ***Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.***

I am a friend of Christ.

- John 15:15
 - o ***I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.***

I am a slave of righteousness.

- Romans 6:18

- o ***God made him who had no sin to be sin for us, so that in him we might become the righteousness of God***

I am the righteousness of God in Christ.

- 2 Corinthians 5:21
 - o ***God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***

I am enslaved to God.

- Romans 6:22
 - o ***But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.***

I am chosen and ordained by Christ to bear fruit.

- John 15:16
 - o ***You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name.***

I am a prisoner of Christ.

- Ephesians 3:1
 - o ***For this reason, I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles***
- Ephesians 4:1
 - o ***As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.***

I am righteous and holy.

- Ephesians 4:24
 - o ***And to put on the new self, created to be like God in true righteousness and holiness.***

I am hidden with Christ in God.

- Colossians 3:3
 - ***For you died, and your life is now hidden with Christ in God.***

I am the salt of the earth.

- Matthew 5:13
 - ***"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men."***

I am the light of the world.

- Matthew 5:14
 - ***"You are the light of the world. A city on a hill cannot be hidden."***

I am part of the true vine.

- John 15:1-2
 - ***"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful."***

I am filled with the divine nature of Christ and escape the corruption that is in the world through lust.

- 2 Peter 1:4
 - ***Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.***

I am an expression of the life of Christ.

- Colossians 3:4
 - ***When Christ, who is your life, appears, then you also will appear with him in glory.***

I am chosen of God, holy and dearly loved.

- Colossians 3:12

- o ***Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience***
- 1 Thessalonians 1:4
 - o ***For we know, brothers loved by God, that he has chosen you***

I am a child of light.

- 1 Thessalonians 5:5
 - o ***You are all sons of the light and sons of the day. We do not belong to the night or to the darkness.***

I am a partaker of a heavenly calling.

- Hebrews 3:1
 - o ***Therefore, holy brothers, who share in the heavenly calling, fix your thoughts on Jesus, the apostle and high priest whom we confess.***

I am more than a conqueror through Christ.

- Romans 8:37
 - o ***No, in all these things we are more than conquerors through him who loved us.***

I am a partaker with Christ and share in His life.

- Hebrews 3:14
 - o ***We have come to share in Christ if we hold firmly till the end the confidence, we had at first***

I am one of God's living stones, being built up in Christ as a spiritual house.

- 1 Peter 2:5
 - You also, like living stones, are being built into a spiritual house to be a holy priesthood offering spiritual sacrifices acceptable to God through Jesus Christ.***

I am a chosen generation, a royal priest hood, a holy nation.

- 1 Peter 2:9
 - ***But you are a chosen people, a royal priest hood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.***

I am the devil's enemy.

- 1 Peter 5:8
 - ***Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.***

I am born again by the Spirit of God.

- John 3:3-6
 - ***In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again" "How can a man be born when he is old?" Nicodemus asked. "Surely he cannot enter a second time into his mother's womb to be born!" Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.***

I am an alien and a stranger to this world.

- 1 Peter 2:11
 - ***Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.***

I am a child of God who always triumphs in Christ and releases His fragrance in every place.

- 2 Corinthians 2:14
 - ***But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.***

I am seated in heavenly places in Christ.

- Ephesians 2:6
 - ***And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus***

I am saved by grace.

- Ephesians 2:8
 - ***For it is by grace you have been saved, through faith and this not from yourselves, it is the gift of God***

I am a recipient of every spiritual blessing in the heavenly places in Christ.

- Ephesians 1-6 (The Whole book!)

I am redeemed by the blood of the Lamb.

- Revelations 5:9
 - o ***And they sang a new song: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased men for God from every tribe and language and people and nation."***

I am part of the Bride of Christ and am making myself ready of Him.

- Revelations 19:7
 - o ***Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready.***

I am a true worshiper who worships the Father in spirit and in truth.

- John 4:24
 - o ***God is spirit, and his worshipers must worship in spirit and in truth. NEVER AGAIN NEVER AGAIN*** will I confess or focus on "I can't," because the Word says: "I can do all things through Jesus Christ who strengthens me." (Philippians 4:13) ***NEVER AGAIN*** will I confess or focus on fear, because the Word says: "God has not given me a spirit of fear, but one of power, love and a sound mind." (2 Timothy 1:7) ***NEVER AGAIN*** will I confess or focus on doubt and a lack of faith, because the Word says: "God has dealt to each one [every person] a measure of faith." (Romans 12:3) ***NEVER AGAIN*** will I confess or focus on weakness, because the Word says: "The Lord is the strength of MY life" (Psalm 27:1) and "The people that know their God shall be strong and carry out great exploits." (Daniel 11:32) ***NEVER AGAIN*** will I confess or focus on the supremacy of Satan over my life, because the Word says: "Greater is He that is within me than he that is

in the world." (1 John 4:4) **NEVER AGAIN** will I confess or focus on defeat, because the Word says: "God always causes me to triumph in Jesus Christ." (2 Corinthians 2:14) **NEVER AGAIN** will I confess or focus on a lack of wisdom, because the Word says: "Christ Jesus has become for me wisdom from God." (1 Corinthians 1:30) and "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." (James 1:5) **NEVER AGAIN** will I confess or focus on sickness, because the Word says: "With His stripes I am healed." (Isaiah 53:5) and Jesus "Himself took my infirmities and bore my sickness." (Matthew 8:17) **NEVER AGAIN** will I confess or focus on bondage, because the Word says: "Where the Spirit of the Lord is, there is liberty." (2 Corinthians 3:17) and "My body is the temple of the Holy Spirit." (1 Corinthians 6:19) **NEVER AGAIN** will I confess or focus on worries and frustration, because the Word says:

I am "Casting all my cares upon Him who cares for me." (1 Peter 5:7)